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ISSUE 280 NOVEMBER 2014
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**Reference: Anti-Influenza virus activities of commercial oregano oils and their carriers. Journal of Applied Pharmaceutical Science 2012; 02(07) 214-18.*

Sharing the wild

Ian McAllister's unparalleled photography provides a unique perspective on the animals and ecosystems he works to protect

In November, conservationist and photographer Ian McAllister launches a BC-wide tour of a deeply personal multimedia presentation on the spectacular, remote Great Bear Rainforest.

As co-founder of the wildlife conservation organization Pacific Wild and a longtime Great Bear Rainforest resident, Ian McAllister is respected throughout the globe for his efforts to protect BC's endangered rainforest. He was named as one of 133 highly accomplished Canadians by the Globe and Mail and a "Leader of the 21st Century" by Time.

As a multi-award-winning photographer, McAllister's unparalleled work provides a unique perspective on the animals and ecosystems he works to protect. A member of the International League of Conservation Photographers, he is a recipient of the North America Nature Photography Association's Vision Award and the Rainforest Action Network's Rainforest Hero award.

Throughout November, McAllister will visit theatres throughout the province to promote his new book, *Great Bear Wild: Dispatches From a Northern Rainforest*, published by Greystone Books.

Both the book and upcoming Great Bear Wild multimedia presentation take readers on a deeply personal journey of the Great Bear Rainforest, from the headwaters of the region's unexplored river valleys down to the hidden depths of the offshore world.

Globally renowned for its astonishing biodiversity, the region is also one of the most endangered landscapes on the planet, where First Nations people fight for their way of life as massive energy projects threaten entire ecosystems.

As Robert F. Kennedy explains in his foreword, "The Great Bear Rainforest sits between the world's second-largest known oil reserves, Alberta's infamous tar sands and Asia's hungry oil markets. In between lies this rainforest of globally rare species and some of the world's most fiercely independent native people fighting for their way of life."

In a not-so unusual day, McAllister quietly observes 27 bears fishing for salmon, three of which are the famed pure white spirit bear. In *Great Bear Wild,* McAllister introduces us to the First Nations people who have lived there for millennia and have become his close friends and allies and to the scientists conducting groundbreaking research and racing against time to protect the region from massive energy projects.

Revered anthropologist and conservationist Dr. Jane Goodall has said that BC's rainforest haunts her dreams. Regardless of their location, people can now explore this precious region through the upcoming presentation, Q&A and book signing with this dedicated author, conservationist and leader.

Great Bear Wild is published by Greystone Books. It is available online or at your local bookstore ($50.00 RRP). The Great Bear Wild Tour visits various theatres with tickets ranging from by donation to $12. All proceeds go to Pacific Wild. For further information or to book tickets, visit pacificwild.org or greystonebooks.com

Upcoming Great Bear Wild tour events

Nov 3: **Vernon**
Okanagan College, 7:30 pm

Nov 12: **Victoria**
Alix Goolden Hall, 7:30 pm

Nov 13: **Duncan**
Quw'utsun' Cultural and Conf. Ctr, 7 pm

Nov 14: **Sidney**
Charlie White Theatre, 7:30 pm

Nov 18: **Galiano Island**
Galiano South End Hall, 7:30 pm

Nov 19: **Campbell River**
Tidemark Theatre, 7:30 pm

Nov 20: **Courtenay**
Sid Williams Theatre, 7:30 pm

Nov 21: **Powell River**
Max Cameron Theatre, 7 pm

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Common Ground Publishing Corp.
3152 West 8th Avenue
Vancouver, BC V6K 2C3 Canada

100% owned and operated by Canadians.
Published 12 times a year in Canada.

Publications Mail Agreement No. 40011171
Return undeliverable Canadian addresses to Circulation Dept., 3152 West 8th Ave., Vancouver BC, V6K 2C3
ISSN No. 0824-0698

Copies printed: 70,000
Over 250,000 readers per issue
Survey shows 3 to 4 readers/copy
Plus online at www.commonground.ca

Annual subscription is $75 (US$75) for one year (12 issues). Single issues are $6 (specify issue #). Payable by cheque, Visa, MasterCard, Interac or money order.

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common ground
FREE MAGAZINE
When the power of love overcomes the love of power, the world will know peace
Remember who you are
Peace Love Justice Charity

cover photo by Jon Kaplan
design by Kris Kozak

This month, our focus in on remembering – Remembering how precious the gift of vision is. Remembering how important it is to stand up and vote for democracy. Remembering how beautiful our wild spaces are. Remembering the atrocities committed by the empire's war machine. Remembering how imperative it is for the people to be heard. Remembering how important activists are in changing the status quo. Let us remember how most of the great achievements in the world came about through cooperation. On November 11, let us remember that we are a nation that honours freedom and democracy and that we will not back down in the face of our freedoms being eviscerated under the guise of protection by our federal government wanting to draw us into wars of invasion. And finally, let us remember, "When the power of love overcomes the love of power, the world will know peace." –Jimi Hendrix, born November 27, 1942, Seattle

Through the eyes of a child

by Penny Lyons

Corinne, like all kids who have their vision restored, is given an average of 50 years of sight

Seva Canada, an international development organization based in Vancouver, restores sight and prevents blindness in the developing world. Since 1982, Seva donors have given the power of sight to over 3.5 million people. Seva works with local partners to create sustainable eye care programs that achieve long-term change, are culturally sensitive and reach those most in need – women, children and people living in extreme poverty and isolation. Seva Canada works in 13 of the poorest places in the world: Nepal, Tibetan areas of China, India, Malawi, Madagascar, Zambia, Rwanda, Burundi, Ethiopia, Tanzania, Guatemala, Cambodia and Egypt. www.seva.ca

Madagascar is a remote, exotic island that conjures up images of lemurs and animated Hollywood movies. In reality, the majority of Malagasy people are poor and marginalized, struggling to survive on two dollars per day.

In Madagascar, over 400 children are born with or develop blindness due to cataracts each year. Children under five years of age are at the greatest risk as most blind children are either born blind or become blind before their first birthday. Early intervention is critical to ensure good vision for life, but in Madagascar, fewer than 20% of children receive the treatment they require.

Corinne was born in rural Madagascar. Her family are banana farmers who work hard to provide for their six children so they can attend school, ultimately lead productive lives and help lift their family out of poverty. This was their dream for their daughter Corinne, who had been a bright and playful baby who loved to explore.

When things suddenly began to change, her parents didn't know what was wrong. Corrine had become withdrawn, timid and accident prone. It turned out she was losing her sight and by the time she was five-years-old, Corinne was severely visually impaired due to cataracts in both eyes. Once happy, she was now depressed and isolated and required someone to accompany her wherever she went.

Challenges included the inaccessability of the village – it was only reachable by foot – and the lack of medical services and personnel to provide medical advice or care. Unfortunately, this is a common story in Madagascar, a country with only one pediatric ophthalmologist for its 9.5 million children under the age of 14. Her name is Dr. Hobilalaina Randrianarisoa (Dr. Hoby) and she works in the capital city, Antananarivo. As a point of comparison, BC, with 680,000 children under the age of 14, has seven pediatric ophthalmologists.

A child born in a low-income country such as Madagascar is significantly more likely than a Canadian child to be born with – or to develop – cataracts before the age of 16. Cataracts are the leading cause of childhood blindness in the world.

A child born in a low-income country such as Madagascar is significantly more likely than a Canadian child to be born with – or to develop – cataracts before the age of 16. Cataracts are the leading cause of childhood blindness in the world.

In almost all settings, eye care programs establish pediatric services last because adult blindness, primarily due to cataract, is relatively simple to diagnose and inexpensive to treat. Pediatric problems are far more difficult to diagnose and treatment almost always requires general anesthesia, very expensive equipment and long-term follow-up care.

Luckily for Corinne and her family, her uncle had heard about a childhood blindness program supported by Seva Canada that would be offering free eye screenings in his rural village. Corinne, now 11-years-old, and her father travelled to the village full of hope. Maybe her darkness could be lifted and her independence regained? Maybe she could even go to school?

At the screening, Corinne and her father met Rasoanaivo Delphine, one of a network of village woman who had been trained by Seva to identify children in need of eye care in remote and rural areas. She immediately recognized that Corinne had a serious visual impairment and would need to travel to Antananarivo to see Dr. Hoby. Rasoanaivo used her training to counsel and educate Corinne and her father about cataracts and their treatment.

The notion of travelling to the capital city – a two to three-day bus ride – is not only incomprehensible, but also unaffordable for most Malagasy families. The expense and time away from the farm, compounded by the cost of surgery, including anesthesia and a pediatric lens implant, was far beyond the reach of Corinne's parents. Rasoanaivo explained that, thanks to Seva donors, all transportation, surgery and follow-up care would be free-of-charge.

In Antananarivo, Dr. Hoby confirmed that Corinne had operable congenital cataracts and referred her for sight-restoring surgery at the Child Eye Health Tertiary Facility. After her cataract surgery, Corinne's vision was vastly improved and her bright bubbly personality began to reappear. "I am so happy! Now I can study and I won't need anyone to be with me wherever I go. I will never forget everyone who gave me my sight back," said Corinne. Her father, relieved and full of gratitude, was excited for his daughter's future and thanked Seva for taking such good care of Corinne.

Corinne, like all kids who have their vision restored, is given an average of 50 years of sight. She can play with friends, succeed in school and pursue her dreams.

Lest we forget

by Bruce Mason

On Remembrance Day, 2014, as wars rage, Canadians may want to consider reading the chapter, "Delay, Deny, and Die," in the newly published book, *Party of One: Stephen Harper and Canada's Radical Makeover*, by Michael Harris. It concludes, "Returning veterans with mental and physical wounds inhabit a harsh and ongoing reality: how to push your kid on a swing, minus an arm or a leg or how to fill a war-weary heart with good human emotions again. The party that had courted, lionized and used the military now turned its back on them when priories changed."

As always, our current PM is quick to champion military options. While leader of the opposition, he urged Canada to go to war with Iraq, apologizing to the US for Jean Chretien's decision not to join the invasion based on non-existent WMD's. He revelled in the 12-year, $18 billion, Afghanistan mission, committed forces to toppling Muammar Gaddafi, argued for a military strike against Iran for developing nuclear power and sent belligerent messages to Vladimir Putin during bloodletting in Ukraine. Now, with a majority government, he is – finally – having his way in Iraq and Syria.

Bruce Moncur is a Canadian who answered one of Harper's calls. Wounded by "friendly fire" in Afghanistan, he blogged that it's easier fighting the Taliban than battling for subsequent benefits. He wrote, "I am not the only soldier who feels they have not been taken care of when coming home." He received $22,000 for the shrapnel wound that took five percent of his brain and the PTSD that was aggravated by failures within Veterans Affairs.

In his book, Harris describes Moncur as someone "who always voted Conservative, believing the Harper government were the only ones 'who had our backs.' But that was when *continued p.27...*

Party of One The beginning of the end?

Canada's 42nd federal election – arguably the most pivotal in our history – is scheduled for October 2015. In the meantime, a book worthy of everyone's attention, *Party of One: Stephen Harper and Canada's Radical Makeover*, has just been published.

Between now and then, it's essential that as many citizens as possible study and discuss the 500+ page definitive, meticulously reported record of Canada's current majority government. It re-focuses attention on the fundamental election promise of transparency and accountability and those who intend to vote Conservative will be better informed about what they support. The undecided will find essential information they require. And there is more than sufficient inspiration to change the plans of those who don't intend to vote.

We all owe this country – its past, present and future – and the world, a serious conversation and debate on Canada's ongoing role and our dreams and responsibilities within it. As the starting gun signals the countdown to a year-long contest, Michael Harris provides a book based on hundreds of interviews and the advice of Harper himself: "Watch what a politician does, don't listen to what he says."

Several years ago, the veteran journalist set out to provide a "badly needed detailed rational critique of the Harper government... A lot of the things that Harper was doing struck me as not only unjust, but unjustifiable. In doing the research, I found I was not the only person who thought so."

Party of One opens at the Speech from the Throne on June 3, 2011, after Harper's coveted majority (166 of 308 seats) and the shrill, hissing cries of "Shame!" as 22-year-old page Brigette DePape held up a hand-made "Stop Harper" sign.

The book ends in a visit with Farley Mowat, then 92, in the last months of his life. Mowat gives voice to DePape's gesture: "Stephen Harper is probably the most dangerous human being ever elevated to power in Canada."

The devil is in the details. In the intervening four years and 500 pages, in a grand sweep of issues and personal accounts by often unlikely and relatively non-partisan individuals – many of whom disapproved of DePape's dire and courageous signal – *Stephen Harper and Canada's Radical Makeover* – are revealed.

Party of One instantly appeared on best-seller lists along with eager, ubiquitous reviews and blogs of every stripe. Political junkies won't be able to put it down. Those frightened by its weight can be assured it is highly digestible and nutritious, in bite-sized pieces. And would-be readers, scared off by the $34 hardcover price, are well advised to reserve a copy at the nearest library.

Even if there were little that's new, it earns a place in the national conversation, consciousness and conscience, as well as on reference bookshelves. Its readability, strength and urgency resides in issues covered in separate chapters, such as "The Unfair Elections Act," "The Death of Evidence," "Farewell Diplomacy" and "Forked Tongue." The minutely detailed documentation of Robocall and Senate scandals may cause most eyes to gloss over, but there is plenty to keep readers turning pages.

Michael Harris provides a book based on hundreds of interviews and the advice of Harper himself: "Watch what a politician does, don't listen to what he says."

For example, a few sample quotes:

Paul Heinbecker, distinguished in foreign affairs: "We have become outliers. We are seen as more American than the Americans, more Israeli than Likud."

Peter Milliken, former Speaker of the House of Commons: "Harper can't go much further without making the institution dysfunctional. In fact, it will have to be returned to its former state by someone if we are to have a democracy."

Preston Manning, former mentor and leader of the opposition: "Stephen had no interest in international stuff, we simply couldn't get him to travel," and "Stephen doesn't think words mean much."

If you only plan to read one book in the next 12 months, make it *Party of One.*

Michael Harris, by the book

Party of One: Stephen Harper and Canada's Radical Makeover is Michael Harris' ninth book. He calls it his "most important work." His previous investigations have sparked four separate Royal Commissions of inquiry and include the collapse of the Atlantic cod fishery in *Lament for an Ocean*, the wrongful conviction in the Donald Marshall case in *Justice Denied* and the abuse at the Mount Cashel orphanage in *Unholy Orders*.

Stephen Harper declined to be interviewed. Unprecedented in Harris' experience is the fact that prominent Canadians decided not to go on record with full and frank stories fearing reprisals, including their favourite charities losing tax status, loss of full pensions and even fears of charges under national security legislation.

"The difference with this book is this involves the whole country and what we are. I really believe that the country is in a fight for its soul. And when you're in a fight for your soul, you have to stand up," Harris claims.

Michael Harris currently writes for ipolitics online. He can be reached at www.facebook.com/pages/Michael-Harris-Author-and-Journalist/572501269437472

American invasions

Canada to Afghanistan 1775 to 2014

by Dr. Rocky M. Mirza

image © Elen / Dreamstime

After a career as an academic economist, I decided in 2004 that I would devote an increasing part of my time to write about American foreign policy. This choice of topic was inspired by the re-election of George W. Bush as president and commander-in-chief of the American Empire. The fact that the American people could re-elect Bush, after there was overwhelming evidence that he had lied to them about the existence of WMDs in Iraq, opened my eyes to the truth. As a young person, I, like so many others, believed that the American Empire was a force for good in the World. After the re-election of George W. Bush, I began to question my long-held belief that Western civilization was indeed civilized, caring, open, free and democratic.

I have written two deeply researched books on American military invasions and colonizations beginning with the expansion of the US from the initial 13 tiny English colonies along the Atlantic seaboard, across the First Nations lands to Hawaii, other islands in the Pacific, the Middle East, Latin America and the Caribbean, the Philippines, Taiwan, South Korea, China and Russia.

The American invasion of Iraq was such a cruel crime against the defenceless people of Iraq, who had already suffered so painfully 10 ten years of intensive bombing by the American and British empires, that I began to seriously question what I had been taught to believe about the West. The careful, objective and unbiased research done while writing *Rise and Fall of the American Empire*, convinced me, beyond a shadow of a doubt, that the Western colonization and domination of the world for six centuries had severely limited and constrained the expression of freedoms, the creation of true democratic states and the promotion of racial equality and equality of opportunities. At the same time while the West spoke a desire for peace, it squandered the world's scarce resources on weapons of mass destruction, incessant invasions and wasteful consumption.

Many have sacrificed their livelihoods, their families, their freedoms and have been imprisoned for speaking out against Western warmongering. Think of Edward Snowden, Julian Assange, Daniel Ellsberg, John Lennon, just to name a few, as well as the many who have marched for peace. Those efforts have not changed significantly the behaviour of the West. But just think how much worse the West would have behaved if it had not been modestly constrained by these critics. More importantly, think how much worse the West would have behaved if everyone had followed its madness like sheep. I therefore ask of you to be critical and do not be taken in by the extremely powerful and seductive Western propaganda machine we are immersed in. I also ask you to think of the 60 million refugees created by this military policy and actions of the West. These people have lost their families, friends, homes and livelihoods. They never had the desire or the capacity to harm the West. They are the innocent victims of continued Western imperialism.

My expertise in economics provides me with the essential tools to explain why American invasions and addiction to warmongering is no longer sustainable for the American Empire. The relative size of the American economy has shrunk from close to 50% of the world's economy shortly after World War II to about 17% today. When the military costs of imperial expansion exceed the economic gains from imperial expansion, at a time when the American economy is in relative decline and American consumers refuse to save or pay higher taxes, foreign invasions are not sustainable.

Non-existing weapons of mass destruction and other pretexts for American in invasions

The following excerpts from my book, *American Invasions: Canada to Afghanistan: 1775 to 2010,* testify to the fact that the deliberate American fabrication that Saddam Hussein had Weapons of Mass Destruction (WMD) to justify its illegal invasion of Iraq, far from being an isolated deception for US wars, has often been used by the US to get public support for invading countries. The true purpose of such invasions is to colonize and steal the resources of the countries invaded. While there are numerous examples of this in my book I will select just three as illustrations. The first is the little known US invasion of Tripoli, now called Libya, in 1801. We begin with this because it was one of the earliest and also an original example of *Regime Change* by the US. It resonates with Iraq because once no WMD's were found the Bush administration fell back on *Regime Change* as its justification based on Saddam Hussein being such a vicious dictator.

The second example is much more well known because it is the US invasion and colonization of Cuba. The third illustration is the most important but also the most complex. Here we show the connexion between the US attempts to colonize China and Japan, dominate the Pacific, successfully invade and colonize the Philippines, Hawaii and other islands in the Pacific, then successfully use the propaganda that the Japanese bombing of Pearl Harbour, was an unprovoked attack on the US. The truth of the matter is that Pearl Harbour is Hawaiian territory, and a strategic island for the competing Japanese and American empires over domination of the Pacific. This attack on Hawaii was used by the US as its primary justification for declaring war on Japan and using nuclear weapons on the Japanese people. In reality, the US entered World War II with the main purpose of defeating the Japanese Empire because Japan was its primary competitor in the Pacific.

photo © Hauhu / Dreamstime

American invasion of Tripoli (Libya): 1801-1805

"The US began its current policy of unilaterally invading sovereign states from its birth. Despite long standing conventions by the major empires of the day, including England and France, Thomas Jefferson, then US minister to France, wrote in a letter to John Adams on July 11, 1786, that the US should wage war on the Barbary states instead of paying the tributes which had historically been paid by England, France and other Christian empires. The US was *continued p.29…*

Herbicide pollution and GMO labelling

In October, Dr. Thierry Vrain requested a meeting in Ottawa with the Honourable Rona Ambrose, Canada's Minister of Health, to discuss GMO labelling. The meeting was cancelled, then granted, then cancelled again. At press time, Dr. Vrain had still not met with the Minister, but he did provide her with the letter below, which outlines recent studies.

To the Honourable Rona Ambrose

Minister of Health:

The confusion about the safety of GMOs is quite simple. The only GMOs in our agriculture are Glyphosate Modified Organisms also known as RoundUp Ready crops and the only GMOs in our food supply are from those crops. RoundUp Ready crops are engineered to be sprayed with the herbicide RoundUp and this technology has become so successful that RoundUp has become a major pollutant. This chemical pollution is antibiotic; it impacts the microbiome, impairs CYP enzymes and depletes food of essential mineral micronutrients. As a background paper for the impact of this pollution, I offer my speaking notes to the American College of Nutrition last week in San Antonio, Texas. Most of the studies I cite were published in the last five years.

Glyphosate is the active ingredient of the herbicide RoundUp, a new molecule created in 1960 by Stauffer Chemicals, a US company with a business of cleaning industrial pipes and boilers of mineral scales. The mineral deposits (same as in electric kettles) are called scales and the pipe cleaning chemicals are called descaling agents. Glyphosate was patented in 1964 in the US as a powerful and very broad spectrum descaling agent. Meaning it binds to metals indiscriminately and does a great job at "dissolving and preventing minerals from being reactive or bioavailable in solution." When the descaling solution was disposed of in nature, it was obvious it killed plants. The chemical company Monsanto promptly bought the molecule, patented it as a herbicide in 1969 and got it commercialized in 1974. This molecule is making history because glyphosate has become the most successful agricultural chemical in North and South America wherever RR seeds are used. The farmers using this technology get simpler and cheaper weed management and despite higher input bills and sometimes disappointing yields, and with weed resistance spreading fast, they adopted it in droves.

The herbicide RoundUp had a completely novel chemistry for a herbicide in 1969. It was deemed to kill plants by bonding to only one protein enzyme in the chloroplasts – the same enzyme that is also in bacteria and fungi. Enzymes are metalloproteins with a metal atom as a cofactor at the active site of the molecule. Bacteria and plants and fungi have a metalloprotein called EPSPS for short and 5-Enol Pyruvyl Shikimate-3 Phosphate Synthase if you want to know what it does. It works with other metalloproteins to "build" several of the building blocks of proteins, the aromatic amino acids. These molecules are also building blocks for a large number of aromatic molecules we call secondary compounds. Glyphosate binds tightly to the manganese atom at the centre of the EPSPS metalloprotein, so tightly that the protein cannot move and do its work making aromatic amino acids. No protein synthesis means there is no metabolic work possible, a quick death for the plant, or the fungi or the bacteria.

photo © Cheryl Casey

Animals do not make their own aromatic amino acids since they lack the shikimate pathway with the EPSPS metalloprotein. Because of its presumed mode of killing plants, glyphosate was pronounced innocuous to humans and registered as such in 1974 in the USA. Glyphosate has no acute toxicity and at the time of registration in the US, and all those studies since, nobody has bothered to check for chronic effects beyond three months. Considering the chemical properties of this pollution, one would expect long-term chronic effects, something on the scale of scurvy or beri beri, for lack of micronutrients. The industry-sponsored feeding studies proving the safety of GMOs do not include testing for the safety of glyphosate. None of them bother to mention the residue levels of glyphosate in the feed. Meanwhile a fast growing series of independent studies in various countries published in the last five years have ascertained the impact of glyphosate on various enzymes of human cells and organs of animals.

The first RoundUp Ready crops to be commercialized were soy and corn, released in 1996. Since then, RR crops have been adopted enthusiastically by farmers, particularly in North and South America. Today, close to 500 million acres of soya, corn, cotton, canola and sugar beet are engineered to be sprayed with RoundUp. About 40% of all engineered crops are grown in the US; most of the rest are grown in Brazil, Argentina, Canada and a handful of other countries. RR crops are now sprayed with close to two billion lbs. of glyphosate every year and so much of that finds its way into processed food and feed that the EPA had to raise the legal residue limits last year to accommodate a new reality.

Glyphosate is antibiotic, a powerful and broad spectrum antibiotic. The mode of kill is again alleged to be very selective. The glyphosate molecules impair the functioning of the shikimate pathway in bacteria the same way it does in plants. Only one enzyme is affected in a pathway that animals do not possess. The antibiotic patent describes its effectiveness to kill bacteria at 1 ppm and this was confirmed last year in Germany. At this point, I usually spend a minute or two explaining why a low level antibiotic diet for the rest of your life is not a good idea. I describe the recent interest of the medical field in a large joint research project involving many universities to decipher the huge community of thousands of species of bacteria that call us home.

The Human Microbiome project is the equivalent of the Human Genome project in its scope. We are vastly outnumbered, roughly 10 to one – one hundred trillion bacterial cells call our lower intestine home. They are forever sending signalling molecules to each other and to all human organs, particularly the brain. All animals depend on their symbiosis with those bacteria and humans are no exception. They are the teachers of our immune system; they make many neurotransmitters for our brain and have a strong connection to the heart and the whole digestive tract. They literally feed us all kinds of molecules that we require. We call them essential, like vitamins and such. They digest and recycle most of our food. Most human organs rely on molecular signals from the microbiome for normal functioning. As goes the microbiome, so does its human shell.

A recent review of the medical literature on celiac and other diseases shows the link to imbalances of the microbiome that are fully explained by the antibiotic properties of glyphosate. And the same authors published another review of the impact of glyphosate on the CYP enzymes and the microbiome. Samsel and Seneff have suggested that glyphosate's suppression of CYP enzymes and its antibiotic effect on the human microbiome are involved in the etiology of many chronic degenerative and inflammatory diseases that have grown to epidemic proportions since 1996, since the advent of the RoundUp Ready technology.

We lack any official data on residues in food or in water in Canada – no epidemiological studies of any kind have ever been done. All we have are the legal maximum residue limits now allowed by the EPA in RoundUp Ready foods: human cereal 30 ppm, animal grain 100 ppm, soybean 120 ppm, and everything else in between.

Here, an inquisitive mind will ask why there is such a high residue limit for cereal when none of the grains are engineered to be sprayed with RoundUp. This is when you learn that RoundUp is sprayed on non-engineered crops with the intent to kill them right before harvest. This is done to mature the crops quickly – kill and dry, to make them easier and cheaper to harvest. The RoundUp herbicide has now become a dessicant.

There is direct toxicity to animal cells because glyphosate binds to metals indiscriminately and not just in plant cells. It binds to metals in solution and to metal co-factors at the centre of metalloproteins anywhere. For example, glyphosate binds to the iron atom

I hope you...join over 60 governments in the world who have found this evidence compelling enough in the past few years to legislate some form of labelling or ban RoundUp Ready crops and the herbicide RoundUp.

at the centre of a large family of protein enzymes called CYP. There are 57 different CYP enzymes in the human body, and approximately 20,000 in animals, plants, bacteria and fungi. The CYP enzymes are oxydizers, the first line of digestion and detoxification of most substrates. David Nelson wrote in a review of the CYP enzymes, "The CYP enzymes of humans are essential for our normal physiology and failure of some of these enzymes results in serious illnesses.

Nancy Swanson has made public her statistical analyses of the US Centre for Disease Control's statistics about the health status of America when placed next to the statistics of the US Department of Agriculture about the spread of RoundUp Ready soy and corn. Her correlation analyses show very high coefficient values suggesting strong links between glyphosate residues in RoundUP Ready food and chronic illnesses.

Medical and chemical reviews and peer reviewed studies have explained the mode of action of glyphosate and its impact on many metalloproteins. Human cell studies have shown acute toxicity (12-15) and animal studies have shown chronic toxicity (16-21). Glyphosate bioaccumulates in the plants and in any animal that eat the plants. In humans "Glyphosate accumulates in the lungs, the heart, kidneys, intestine, liver, spleen, muscles, and bones … and chronically ill people have higher residues in their urine than healthy people."

To conclude this presentation of the nutritional status of Glyphosate Modified Organisms, I would say that foods made from RoundUp Ready soy and corn and sugar and canola, etc.,... are depleted of the minerals that are bound to the glyphosate molecules. Crops sprayed with RoundUp, whether they are RoundUp Ready or not, contain residues of glyphosate. Foods made from crops containing residues of glyphosate are, by definition, depleted of minerals and toxic.

Minister, your reassuring words have been quoted widely. "Currently, there is no… scientific evidence that says genetically modified foods are unhealthy. It is impossible for us to mandate a label because our labels have to be based on evidence that it is an unhealthy product for Canadians." I hope you have found here the scientific evidence you require to act and that you join over 60 governments in the world who have found this evidence compelling enough in the past few years to legislate some form of labelling or ban RoundUp Ready crops and the herbicide RoundUp.

Respectfully,
Dr. Thierry Vrain, thierryv@telus.net

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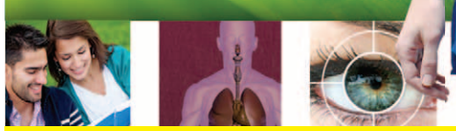

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by Elizabeth Murphy

Voting matters

Stay tuned if you want democracy on November 15

The November 15, 2014 civic election is upon us, with advance polling in Vancouver starting on November 4. This election is more important than those in the past. The election cycle has now been extended from three to four years.

This City of Vancouver election needs to be about restoring democracy through a more balanced City Council than the current majority rule under Gregor Robertson and Vision Vancouver. Over its last two terms, Vision has usually voted in block, often against the will of the people. In 2011, Vision only got support from 12% of eligible voters (34% of the 34% of eligible voters who voted) yet Vision used its majority to implement its agenda regardless of community opposition.

Vision's track record has not been good for democracy. Moving away from long held practices of involving the community in the planning of their neighbourhoods they have created a quota system chosen by lottery, which they introduced in the ongoing plan for the Commercial Drive neighbourhood of Grandview. Entire neighbourhoods have been replanned without community support, such as Norquay, the West End, Downtown Eastside (Chinatown, Gastown, Strathcona) and Marpole. If Vision gets another majority, Kitsilano is next. We cannot let this happen.

Spot rezoning has now become the rule rather than the exception. Huge towers in neighbourhoods that oppose them are becoming standard practice. Recent community plans such as Mount Pleasant are ignored.

The obstacle to achieving a balanced council in this election is that there are too many alternatives to Vision which results in vote splitting. It will take careful consideration of voters before they go to the polls if there is to be a change for a more inclusive, representative and cooperative city council.

Neighbourhoods for a Sustainable Vancouver (NSV) came together during the debate over EcoDensity policy that began in 2007. Across Vancouver, over 30 neighbourhood groups recognized serious negative implications and felt inspired to communicate with each other and to issue joint position statements. Like a previous coalition called Neighbour 2 Neighbour, NSV brought together diverse neighbourhoods that span the political spectrum.

The 2008 civic election resulted in a Vision majority due in part to the backlash against EcoDensity. Although Vision was elected on a promise to reconsider EcoDensity, that has not happened.

The effects of developer contributions to election funding continue to be a concern. Vision is the worst offender of accepting developer funding and resulting influence of decisions.

NSV's goal is to move the City of Vancouver toward more democratic and genuinely sustainable planning. Although NSV ran candidates in 2011, in this election NSV is not running candidates because there are too many new parties and independents already splitting the opposition vote.

NSV will instead endorse a mixed slate as a Third Party Sponsor. Based on strategy and consistency with its principles and policies as posted on its website www.nsvancouver.ca, a recommended slate will be posted as the election progresses. Keep an eye out for updates on their website.

Councillor Adriane Carr and the Green Party of Vancouver, the other Green Party candidates and COPE have endorsed the NSV principles and policies. At the time of this writing, the NPA and other parties are also in the process of responding.

Stay tuned and watch the Neighbourhoods for a Sustainable Vancouver website at www.nsvancouver.ca for updates as we get close to voting day, including advance polls on November 4.

Elizabeth Murphy is a private sector project manager and was formerly a Property Development Officer for the City of Vancouver's Housing & Properties Department and for BC Housing.
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Nutrispeak Vesanto Melina and Sahar Lakhani

Beyond tradition

From the succulent main course we look forward to at holiday meals, to simple routines such as making the bed each morning or regularly expressing gratitude, our own traditions are deeply rooted. Some customs celebrate milestones and enrich our lives while others may have little connection with our current values. Let's consider our food traditions. In deciding what we eat, are we conscious of the choices we make?

In North America, the answer to the question "What's for dinner?" is typically "chicken" or "beef." Meat, the food item highest in protein and fat, is often the hero of any dish; it's rare that vegetables or meat alternatives hold that place of honour. Advertisements glorify meat at the heart of holiday meals; grocery store flyers emphasize sales on select cuts with bold, red lettering. Yet many individuals who care about health and the environment, or who love animals, will want to consider other factors.

A cup of black beans or lentils easily provides as much protein as a beef patty.

What goes into the production of factory farmed meat and animal byproducts that might matter to a consumer? Environmental factors, contents of feed and strategies to prevent sickness among crowded livestock all impact meat and poultry. Chickens, often raised in groups of 20,000 or more, are crammed into small spaces where movement is not possible. These conditions may prevent regular cleaning and increase the risk of disease.

Cattle in factory farms, although raised outdoors, are fattened through feed that, along with growth hormones, enables them to gain 400 pounds in four months. Antibiotics are routinely administered to prevent disease and hormone residues that remain in the animals' flesh can interfere with the processes of our natural hormones by acting as endocrine disruptors. Even when raised to be "organic" poultry or meat, the animals go through a process of "respectful harvesting" or "human slaughter" – yet we know that it was not their choice to become "food animals."

Being vegetarian or vegan might not always be simple in our society, but a wide array of options are increasingly available to us and their nutritional impact is worth noting. A cup of black beans or lentils easily provides as much protein as a beef patty without being loaded with fat; they provide three to four percent calories from fat whereas the beef has 50 to 70% calories from fat. And beans and lentils aren't classified by the American Institute of Cancer Research as probable carcinogens.

Supermarkets now stock plenty of easily prepared – and delicious – plant-based foods that are high in protein. Start exploring the options for festive meals. You and your guests will be pleasantly surprised at some of the offerings from Gardein and Tofurky and other producers of tasty, GMO-free, plant-based alternatives. It is well worth including these as alternatives for an upcoming celebration or even making them the heart of the meal.

While advertisements and cooking shows often celebrate traditional dishes with the central focus on turkey, chicken, beef or pork, we now have numerous delicious, simple alternatives. It's not necessary to break with traditions; one can allow them to evolve. Be aware of the deeper meaning of the traditions you follow and ensure they are in keeping with your values and goals for a healthy lifestyle.

Vesanto Melina is co-author (with B. Davis) of the new **Becoming Vegan: Comprehensive Edition**, geared to health professionals, and of the award winning **Becoming Vegan: Express Edition** (www.becomingvegan.ca/reviews-2/). **Sahar Lakhani**, BA, is currently studying biomedical physiology at SFU and is passionate about the impact of nutrition.

November 22: See Vesanto at the free Cohousing Forum, 1-4PM, Vancouver Central Library, Georgia St.

Anti-radiation pills useless after the fact

by Dr. Gordon Edwards

An article posted on CBC news on October 11 (cbc.ca) stated that the Canadian Nuclear Safety Commission has published a new regulation requiring nuclear operators to pre-distribute potassium iodide pills to people and businesses in close proximity to nuclear power plants, such as the one in Chalk River, Ontario. In the article below, Dr. Gordon Edwards, president of the Canadian Coalition for Nuclear Responsibility, refutes the efficacy of these pills when administered after a nuclear event.

Despite the headline in a CBCnews post on October 11 – "Nuclear plants must give anti-radiation pills to nearby residents" – there is no such thing as an "anti-radiation" pill. Radiation damage cannot be undone by taking a pill. In fact, there is no way of undoing radiation damage except by removing the damaged cells.

However, if non-radioactive iodine pills are taken *before* the body is exposed to radioactive iodine, the body's thyroid gland will readily absorb the non-radioactive iodine and satisfy its "hunger" for iodine. Thus, when the radioactive iodine enters the body, it will not be absorbed by the thyroid gland – or at least not to the same degree – and the radioactive iodine will be excreted without taking up residence in the body.

Radioactive iodine can damage the thyroid gland and cause a number of health problems, especially in infants and children. Following the Chernobyl accident, the World Health Organization has reported that about 6,000 children in Belarus had to have their thyroid glands surgically removed.

This is important because radioactive iodine can damage the thyroid gland and cause a number of health problems, especially in infants and children. Following the Chernobyl accident, the World Health Organization has reported that about 6,000 children in Belarus had to have their thyroid glands surgically removed because of radiation damage caused by the body's absorption of radioactive iodine.

If non-radioactive iodine pills are taken after the radioactive iodine has been absorbed, it's too late for them to do much good. They have to be taken ahead of time – but not too much ahead of time. People have to know how and when to take these iodine pills in case of a nuclear accident and that means they have to know when the radioactive iodine is going to be given off into the atmosphere by the crippled reactor.

Although iodine is given off as a vapour, it rapidly deposits on the ground in a solid form and is absorbed into various foodstuffs such as cow's milk and leafy plants, especially seaweed. The potential hazard from ingesting iodine-131 lasts for several weeks following a nuclear accident, so dietary restrictions are advisable.

In addition to radioactive iodine, there are dozens of other radioactive materials given off in the event of a nuclear accident (see http:ccnr.org/G-2_emissions.pdf , pages 3-6). Iodine pills offer no protection against these other radioactive materials, some of which concentrate in the bones, the soft organs, the blood or the lungs. Nevertheless, iodine pills do help to protect people's thyroid glands if taken at the right time. This is particularly important in the case of infants and children, and – of course – for pregnant women.

Dr. Gordon Edwards is the president of the Canadian Coalition for Nuclear Responsibility (CCNR), www.ccnr.org

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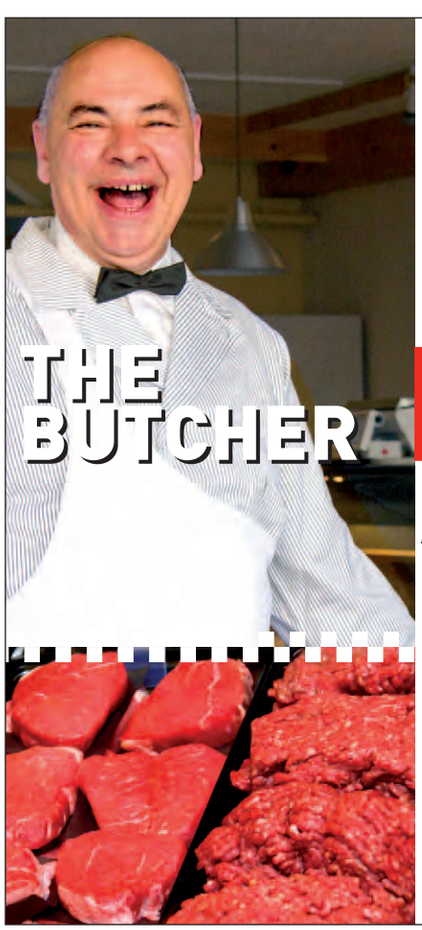

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GMO Bites

Bayer and Syngenta sued over bee deaths

Two of the world's largest chemical and biotech companies – Bayer and Syngenta – are being sued in Canada over bee deaths. Two of Ontario's largest honey producers have launched a class-action lawsuit seeking more than $400 million in damages from Bayer and Syngenta over the commercialization of neonicotinoid pesticides. The pesticides, which are a neurotoxin to insects, are widely coated on corn, soybean and canola seeds in Canada (these are the main GM crops in Canada) to protect the plants from pests such as aphids.

The lawsuit alleges the companies were negligent in their design, manufacture, sale and distribution of neonicotinoids. Bayer and Syngenta are two of the six major companies that develop and sell almost all the GM crops in the world (Monsanto, Dupont, Syngenta, Dow, Bayer and BASF). Together, these six companies control 60% of the commercial seed market and 76% of all the agricultural chemicals in the world. www.cbc.ca/news/technology/canadian-beekeepers-sue-bayer-and-syngenta-over-neonicotinoid-pesticides-1.2754441

The pesticides, which are a neurotoxin to insects, are widely coated on corn, soybean and canola seeds in Canada... The lawsuit alleges the companies were negligent in their design, manufacture, sale and distribution of neonicotinoids.

Canada approves GM 2,4-D tolerant crops

The US Department of Agriculture (USDA) has approved planting of corn and soybeans genetically engineered to tolerate the herbicide known as 2,4-D. The company Dow Agrosciences wants to begin selling it for planting next year in the US and Canada. In its analysis, the USDA said the approval would lead to a 200-600% increase in the use of 2,4-D by 2020. But it said analysis of the effects of that increased use was the responsibility of the Environmental Protection Agency. Canada has already approved the GM 2,4-D tolerant crops: www.nytimes.com/2014/09/18/business/altered-to-withstand-herbicide-corn-and-soybeans-gain-approval.html?_r=0

For more background: www.cban.ca/PressBackground-Genetically-modified-2-4-D-tolerant-crops2

Is Ukraine opening up to GM crops?

"Hidden from mainstream media exposure, the World Bank and IMF loan has opened up Ukraine to major corporate inroads," writes Joyce Nelson. Loan conditions are forcing the deeply indebted country to open up to GMO crops and lift the ban on private sector land ownership. US corporations are jubilant at the 'goldmine' that awaits them." *www.counterpunch.org/2014/08/22/70838/#.U_dRjXxEFiI.email*

Will GM crops feed the world? (new report from CBAN)

Proponents of GM crops tell us we need genetic modification to feed a growing population and reduce global hunger. A new report from the Canadian Biotechnology Action Network (CBAN), "Will GM Crops Feed the World?" examines experiences with GM crops from around the world to answer this question.

The report exposes the many ways in which GM crops threaten the environment and farmers' livelihoods and overlook the real causes of hunger. Using case studies from around the world, the report shows there is no place for GM crops in an ecologically sustainable and socially just food system.

For the report and a two-page summary, please visit www.cban.ca/feedingtheworld

CBAN is a campaign coalition of 17 organizations working to research, monitor and raise awareness about issues relating to genetic engineering in food and farming. Members include farmer associations, environmental and social justice organizations and regional coalitions of grassroots groups. www.cban.ca

... *Greens* from p.20

as much as one. Adriane Carr as the one Green member on Vancouver City Council has already made a significant difference for transparency, accountability and green values. Imagine what three could do.

And for nearly the last year, with two Green MPs in our federal parliament, we have changed the nature of the debate and raised issues ignored by others.

But the central difference is not in partisanship; it is in how we approach power.

Power is a dangerous commodity. It corrupts. St. Paul knew this and warned of it in his letter to Timothy. From a slightly less sacred text, Tolkien knew it too. Poor miserable Gollum was distorted, ruined and ultimately destroyed by his addiction to the Ring. The Ring stood as a metaphor for power. Holding power to transform societies requires a group of

> Power is extremely dangerous when concentrated in a few hands. Power is benign and even beneficial when shared.

brave people who are incorruptible.

Greens in power avoid the seduction and corrupting allure of power. We have a track record globally of handling power by sharing it. Power is extremely dangerous when concentrated in a few hands. Power is benign and even beneficial when shared.

For Canadians who yearn for better government and who share my concern that our current parliament has degenerated into an elected dictatorship, how do we restore democracy? How do we find the system of our traditions? We are a nation whose system of government depends on accepting that all MPs are equal, that the Prime Minister reports to Parliament and not the other way around and that Parliament controls the public purse. Yet every one of those precepts is violated and treated with contempt daily.

We can fix what is wrong with democracy. But the first step is to find a hobbit to hold the ring.

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The Champix/ Chantix saga

Please don't operate a missile battery while reading this article

In mid October, the US Food and Drug Administration convened a special meeting to look at whether or not varenicline, the controversial drug to stop smoking – called Champix in Canada and Chantix in the US – needed to continue to carry a black box warning indicating the drug could cause psychiatric side effects such as suicidal behaviour and aggression/violence.

Just to remind you, a "black box" warning on a drug is the equivalent of a cruise missile shot across the bow. It is the most serious warning found on a drug's label, placed there because a grave safety issue has been identified. Almost every drug removed from the market has been preceded by a black box. In the case of Chantix – I'll use the US name in this article – both the US FDA and Health Canada issued warnings in 2008 after it had been on the market about a year; the black box was applied in July 2009.

Both agencies had warned they had received adverse event reports linked to neuropsychiatric symptoms including depression, agitation, aggression, hostility and suicidal thoughts. There have also been reports related to insomnia, dizziness, loss of consciousness and seizures.

Officially, the FDA panel meeting in October was held at the request of Pfizer, who wanted the committee of drug safety and pharmacology experts to consider its request to remove Chantix's black box warning.

In the hearing, many paid experts took Pfizer's side, extolling the results of a large body of clinical trials and observational studies which couldn't find these alleged adverse effects. On the other side was a consortium of five groups who presented a petition asking that the warning not only be kept, but strengthened. See www.ismp.org (Institute for Safe Medication Practices) for the Citizen Petition to Strengthen Chantix Warnings. The remarkable public service performed by these consumer advocates, in this case led by Thomas Moore of ISMP, is Nobel Prize-worthy. Based on the best and most objective reading of the accumulated adverse events reports, they asserted the drug needed a stronger black box, one which included other known effects such as the "risk of blackouts, convulsions and impaired vision." They added that anyone working as a pilot, air traffic controller, policeman, fireman or as crew on a missile battery should avoid the drug. That makes sense to me, given that with aggressive impulses linked to the drug, mixing it with military hardware could be a deadly combination.

What makes this hearing so interesting are the voices of people who weren't able to speak. I'm thinking of the 2,500 or so victims of Chantix who, according to Kim Witczak, were "silenced in their settlement agreements with Pfizer." Kim knows what she is talking about. She is one of the most outspoken advocates for drug safety in the US, a role which she was thrust into after the death of her husband Woody, who committed suicide while taking the antidepressant Zoloft.

Kim has testified at a number of hearings concerning the safety of antidepressants, including hearings which led to an FDA-mandated black box warning which said SSRI antidepressants could cause children and youth to become suicidal. She was present at the hearings on Chantix, telling me in an email that she was "proud to represent the voices of families who live every day with the consequences of a failed drug safety system."

The major difference between the hearings on SSRI antidepressants and the one on Chantix was that the SSRI hearings heard testimony from 'real' people affected by the drugs. At the Chantix meeting, no lawyers were present to testify against Chantix because Pfizer settled $300 million in lawsuits with 2,500 or so Chantix victims. We all know what happens when lawsuits settle: the documents, expert depositions and testimony are all sealed. Which is to say, a huge amount of information from real people potentially hurt by these drugs stays buried.

For me, the real question is how harmful is this drug? That's a difficult ques-

tion to answer because both the observational studies and the randomized trials might be unreliable. It's quite possible that clever and selective data mining in observational trials and the biases inherent in randomized trials with limited numbers of patients and short follow-up could gloss over Chantix's potential adverse effects. But what we do have are reports. Real world reports made by patients who were exposed to the drug and the doctors and pharmacists who saw the effects of the drug.

Prior to the FDA hearing, ISMP's safety publication *QuarterWatch* reported Chantix accounted for more consumer and health professional reports of suicidal and homicidal thoughts in the US than any other prescription drug over nearly six years.

To bring this close to home, the province of BC started paying for Chantix in September 2011 as part of a province-wide smoking-cessation program. This might be a sound policy if the drugs we covered actually helped people quit and didn't make them depressed or psychotic or cause them to have suicidal thoughts. But we know practically nothing about the effect of the policy. Thanks to a spate of Ministry of Health firings in September 2012, the evaluation of our Chantix policy was guillotined and never restarted. It is both cruel and ironic that Rod MacIsaac, the UVic student who was working on that research project, committed suicide after he was inexplicably canned.

With numbers supplied by the BC Ministry of Health, between September 2011 and July 2014, BC Pharmacare paid for 230,400 scripts for Chantix. It's impossible to precisely determine exactly how many different people took the drug – because the length of scripts varies – but we can calculate conservatively that about 92,000 patients would have been prescribed a Ministry funded Chantix script. It's important to add that, in May 2013, Health Canada took the step of making Chantix a second line drug. That is, it is not recommended as the first thing to be prescribed. Visit healthycanadians.gc.ca and search Champix and Zyban revision.

What I conclude from this is that, at the very least, hundreds of people in BC were probably made depressed by ingesting this drug while costing the taxpayer about $6.4 million – about $187,000 per month. How many BC smokers start to think about suicide (or complete it), become aggressive or violent, develop psychosis or have wildly troubling nightmares can only be a guess.

Buttressing the company's arguments at the FDA hearings were truckloads of data, including four observational studies and 18 Pfizer-sponsored randomized trials all produced to demonstrate that the rates of neuropsychiatric events related to Chantix were no greater than placebo or a comparator drug. What I read into this is that if you want more drug industry-funded research – read my October column on data fracking to understand what I'm talking about – this is what we should expect: marketing not science.

Thomas Moore, who attended the hearing, showed me the "Alice in Wonderland" graphic he used as part of his presentation. He wrote that this helped "illustrate the odd spectacle of Pfizer paying $300 million to 2,500 Chantix victims and then trying to convince a panel of experts that these same potentially catastrophic adverse effects don't exist." At the end of the day, of the 18 experts deciding the outcome, 11 voted to retain the black box as is; six voted to strengthen it and only one delegate voted to remove the warning. The black box stays.

There are three lessons we need to remember:

1. Black box warnings are strong indicators that drugs designed to help people can often hurt them in unexpected ways.

2. Evaluating the effects of drugs in the real world is a public enterprise that should answer vital safety and effectiveness questions of interest to the public, not questions that support a company's marketing plan.

3. The dead can't speak and neither can those who have been stifled by lawsuits so we can only wonder what secrets they hold. The firings at the Ministry and the settled US Chantix lawsuits produced the same outcome: people who can't share their stories.

Taking a drug you're worried about? Just like Chantix/Champix, your drug could also have much bigger problems than those selling the drugs want you to believe.

Alan Cassels is a drug policy researcher at the University of Victoria. You can follow him on twitter @AKECassels.

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Just now an interview with Eckhart Tolle

To read Eckhart Tolle's latest column, please see the current print edition of Common Ground. For copyright reasons, we are authorized to publish this column in our print version only.

JR: In your new book, I feel like you're the modern equivalent of the explorers that came to the new world, but an explorer and documenter of consciousness, discovering a new world.

ET: Yes, discovering is the right word. It's not that you need to make a great effort to attain it or bring it about or acquire it. It's discovering it's already there in you – conscious awareness that's obscured, or partially obscured, in many people. It's a discovery of something already there.

It's like waking up after a dream, because identification with the thinking mind and its stories and the old emotional conditioning is like being immersed in a kind of dream world, which very often turns into a nightmare – acting out old conditioned patterns again and again. The whole structure of the egoic mind is an old dysfunction.

There's some evidence that the ego started about 6,000 years ago, but nobody can say for sure. Before that, humans were in a state of innocence. When we go beyond the dysfunction of the ego, we regain our original innocence, but on a much deeper level. This is why Jesus said unless we become as little children we cannot enter the kingdom of heaven.

So, returning to the original innocence, and at the same time going much deeper into that with full awareness – that's the process. We're coming out of thousands of years of dreadful suffering, almost the whole of recorded history of humanity. If you really look at it in an unbiased way, as if you'd never seen it before, one cannot but admit that, to a large extent, 80 to 90 percent of it is a history of pathological insanity, the suffering that humans have created for themselves and, of course, inflicting it upon others.

JR: And exporting it through colonization to the new world.

ET: Yes, so the important part of the awakening process is the realization of the insanity in human history, collectively, to this day playing itself out in world events. Also, to be aware of the insanity within oneself – old, dysfunctional patterns that come again and again that create suffering. So when you see that you're insane, then you're not completely insane. Sanity comes the moment you realize the fact of insanity. To see insanity is not a negative thing.

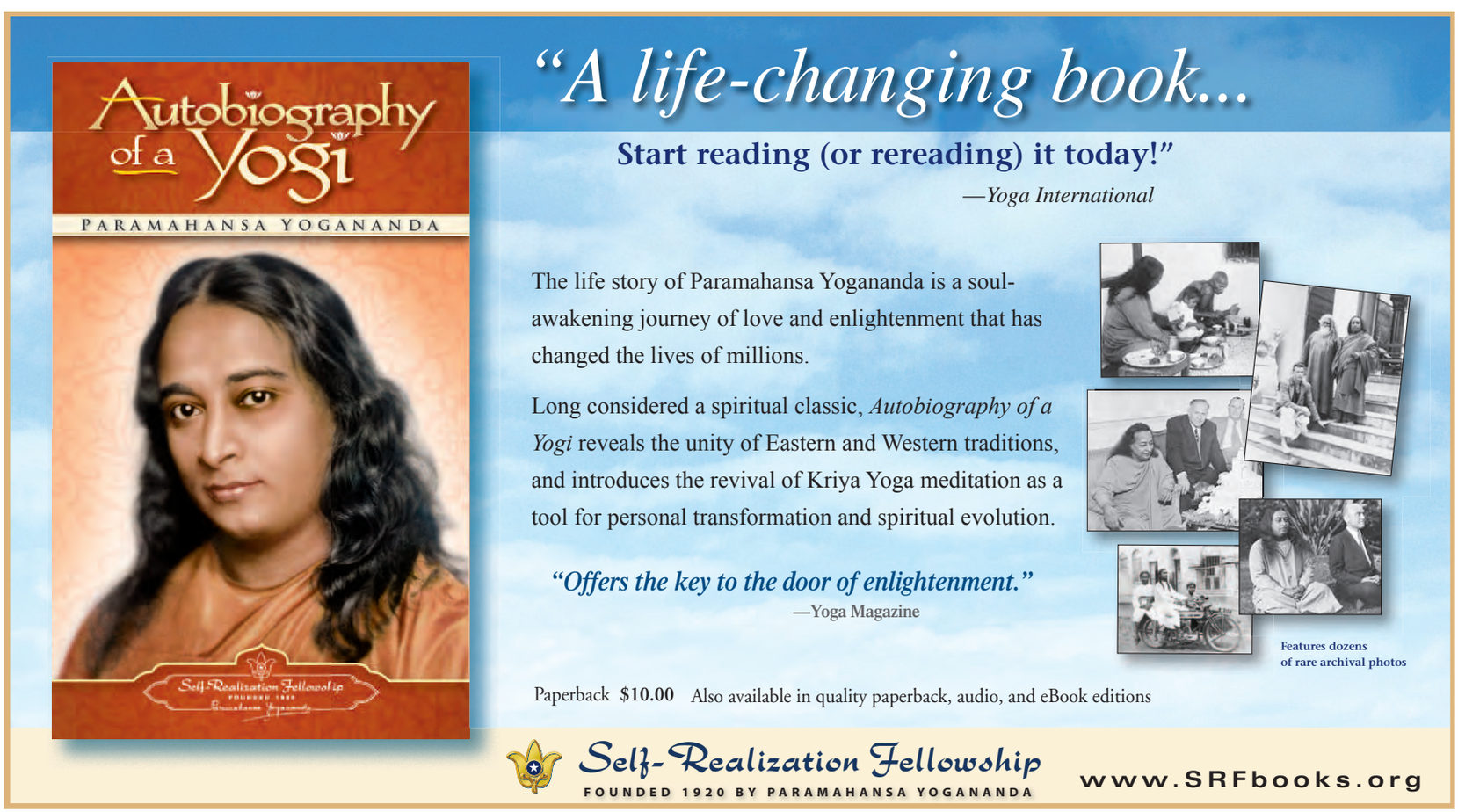
JR: At least you're out of denial.

ET: Yes, that's why in the film A Beautiful Mind, for example, which is about a mathematical genius who did have a mental dysfunction, his mind was developed in certain areas but he was also insane. The viewer of the film doesn't know that until a certain point when the character realizes that many of his experiences are delusions. At that moment, his healing begins. He's not cured yet, but his healing begins because he's recognized his own insanity. That recognition can only come out of sanity, which is the awareness of unconditioned consciousness.

JR: I remember you saying before you published your last book that the next one would be about why there isn't peace on this planet. Was finding a solution one of the major intentions of A New Earth?

ET: Yes, to see the nature of the major dysfunction. That's why I talk quite a bit about the ego in this book. We need to recognize the nature of the dysfunction. Sometimes, even very great Eastern teachers sometimes neglect that part because they're not really touched by the magnitude of, especially, the Western ego. So it's very important for us to see the dysfunction so that we can recognize it when it arises.

Part of the new book is about recognizing the ego, which I regard as a semi-autonomous energy. It's an energy field. Every thought you think is an energy field. It has a form and then it dissolves and then there is another form. The ego itself is an energy field and it has a collective and individual aspect.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Making sense of suicide

Sometimes even to live is an act of courage. – Seneca

One of the most painful events in life is the suicide of a friend or family member. So many mixed feelings can ensue. Survivors often feel deeply saddened, hurt, guilty or even angry that the person chose to take his or her life. Then there are the questions. Anyone who knew the person asks themselves if there is anything they could have done that might have made a difference. Those who were in conflict with the suicide victim – or perhaps slighted them – wonder if they somehow contributed to the tragedy. There is always so much angst around such an event and it is extremely difficult to come to any place of peace about it.

Sadly, there are never any clear answers as to why someone ends their life and we can only speculate. Usually, there is a combination of reasons. There are external factors, which generally have built up over a long period of time – including financial or relationship struggles – and inner factors such as depression, low self-esteem, an overwhelming feeling of sadness and a sense that things will never get any better. There is also the feeling that others would be better off without them. Many individuals, however, can experience all of the above and never consider taking their own lives. Others reach the point of contemplating suicide, but never seriously attempt it.

We all have different pain thresholds for physical pain and perhaps the same is true of emotional pain. We also vary in the intensity of our will to live.

What accounts for the difference? It seems that some souls seem to carry more than their share of pain. We all have different pain thresholds for physical pain and perhaps the same is true of emotional pain. We also vary in the intensity of our will to live. This is not always a result of life experience; a strong will to live is often seen in pre-mature babies. Some just seem to have an incredible spirit and they defy all statistics, while others quietly let go. Some people see the positive in life, no matter what, while some seem to see only the negative. It is interesting to speculate whether the "will to live" factor is as significant to emotional health as a strong heart is to physical health. Perhaps one day it will be as measurable as blood pressure.

Another perspective is that we come to Earth to fulfill some learning and when we have completed what we came here for, we leave. This is hard to accept if death comes early as a result of an accident or illness. It is even harder when an individual has made the choice to leave this world. Generally, we feel someone's death should not have happened, whatever the cause. We see a life's journey as occurring here in this world. It can be hard to accept the soul's journey includes more than the physical plane and has been "called" to transcend this Earth.

Significantly, one person's departure becomes part of the learning of many others. A suicide permanently alters the lives of many. It seems like such a waste, but if it happens, we must take from the experience as much learning as we can so we can allow that person, even in death, to positively influence our lives.

This is a way of paying our respects to the soul of that individual. Regardless of how little value the victim placed on his or her own life, we can value the teaching. Though we may never fully understand their choice, we can still honour them, not for taking their lives, but for touching ours.

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, Deep Powerful Change Hypnosis CDs and new "Creating Healthy Relationships" series, visit www.gwen.ca

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Greens in power

by Elizabeth May

Elizabeth May is the leader of the Green Party of Canada and Canada's first elected Green MP for Saanich-Gulf Islands. She is the author of eight books on environmental and political topics, including her latest work Who We Are: Reflections on My Life and Canada*, which was published last month.*

***November 12**: Elizabeth May launches her new book, 7:30PM, Canadian Memorial United Church & Centre For Peace, 1825 W. 16th Ave., Vancouver.*

***November 29**: Elizabeth speaks at the Green Gala fundraiser in Vancouver. (See www.greengalavan.eventbrite.ca for more details and tickets)*

Greens in power. It is worth getting used to those words. But what will it mean? What would it look like?

Greens are now in coalition governments in Finland, Sweden and France. In the past, German Greens in coalition created the renewable energy and solid waste policies of Germany. Greens in coalition helped Sweden establish a carbon tax.

And in Australia in the previous election, between Julia Gillard for the Labour Party and Tony Abbott for the right wing coalition, it only took one Green MP, Adam Bandt from Melbourne, to give Labour the right to govern. One seat was the balance of power.

Thanks to the current Swedish Greens, holding the vice-prime minister role and environment minister, Sweden is the most ambitious in urging the deepest carbon reductions for the European Union in advance of the 2015 deadline for a new climate treaty. And Sweden is the first country in the EU to recognize the state of Palestine. The Minister of Environment in Finland is a Green and the Minister of Development in France is a Green.

In New Brunswick in September, NB Green Party Leader David Coon won a seat, nearly emerging with the balance of power. The TV pundits were shocked. They had, for months, forgotten to report that there even existed such a thing as a Green Party of New Brunswick. And now it was the third party of New Brunswick.

In Vancouver City Council, three Greens – Adriane Carr, Pete Fry and Cleta Brown – could do three times *continued p.15…*

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Canada's fantastic failure

Canadians expect to have our environment protected and to know how it's being protected. A report from Canada's Commissioner of the Environment and Sustainable Development shows we're being short-changed. "In many key areas that we looked at, it is not clear how the government intends to address the significant environmental challenges that future growth and development will likely bring about," commissioner Julie Gelfand said of the report.

Among other things, the report concludes Canada is not on track to meet its greenhouse gas emissions targets, has delayed monitoring of oil sands pollutants – and lacks plans to monitor the oil sands beyond next year – and has no clear guidelines regarding which projects require environmental assessments. On top of that, the government has been promising oil and gas sector emission regulations since 2006, but has yet to release them. It claims new regulatory proposals were completed a year ago, but the report finds those are based on consultation only. The oil and gas industry is Canada's fastest-growing source of emissions, especially the oil sands.

The report also found government reporting on emissions to be misleading, especially in not giving due credit. For example, what little progress has been made in

We're the only country to have pulled out of the legally binding Kyoto Protocol.

reducing Canada's greenhouse gas emissions comes mainly from Ontario's move to shut down its coal-powered generators. And total emissions continue to rise. "There's no overall plan, national plan, for how we're going to achieve our target," Gelfand told reporters at a news conference. "And climate change is affecting all Canadians."

Although government has a "Northern Strategy," the commissioner found surveying and the capacity to make charts of the Arctic inadequate and that icebreaking services have decreased while vessel traffic has increased. Considering the profound changes from global warming in the north, this is serious.

We've been saddled with government indolence on climate and pollution for far too long and in far too many places around the world. But Canada has been singled out for getting in the way of progress at global climate negotiations and we're the only country to have pulled out of the legally binding Kyoto Protocol. In rejecting the notion of proven methods to reduce emissions through carbon pricing, our prime minister said, "No matter what they say, no country is going to take actions that are going to deliberately destroy jobs and growth in their country."

But evidence from around the world shows numerous economic benefits from acting on climate change, while failing to act comes with massive and increasing costs, including to human health and well-being.

Everywhere, people are demanding change. More than 300,000 attended the People's Climate March in New York in September... A growing number of business leaders and global organizations, including the World Bank and International Monetary Fund, are calling for carbon pricing through carbon taxes or cap-and-trade systems to help address the crisis. Religious leaders, including the Pope and Desmond Tutu, have joined scientists and scientific organizations from every continent to demand action. During the David Suzuki Foundation's cross-country Blue Dot Tour, I've heard from countless Canadians who are doing their part to protect the air, water, soil and biological diversity that keep us alive and healthy. They expect our elected representatives to do the same.

As the environment commissioner said of the government's inability to meet its own targets, "When you make a commitment, you need to keep it."

Written with contributions from David Suzuki Foundation senior editor Ian Hanington. Learn more at www.davidsuzuki.org

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Crowdsourcing and free expression

Our digital future

Internet users around the world have come together to shape a new agenda for how we share and collaborate online. OpenMedia recently launched a study called "Our Digital Future: A Crowdsourced Agenda for Free Expression" that draws on input from over 300,000 people in 155 countries around the globe.

Josh Tabish

The launch of the "Our Digital Future" report is timed to coincide with a crucial upcoming round of Trans-Pacific Partnership (TPP) negotiations in Canberra, Australia. It's never been more important for citizen voices to be heard – until now, only industry lobbyists and government bureaucrats have had a seat at the TPP talks table.

Our organization has spent years helping to raise awareness of the dangers posed by the TPP to online free expression. But we know it's never enough to merely campaign against something. Instead, it's imperative to advance a positive, citizen-driven alternative. There is no better way to expose the illegitimacy of secretive, top-down negotiations like the TPP than through participatory processes that empower Internet users everywhere.

Steve Anderson

That's why, just over two years ago, we embarked on a project to crowdsource a positive alternative to the TPP – what would become the "Our Digital Future" report. While we have engaged in large crowdsourcing projects before, this is the largest to date. Together, we built a network of educators, innovators, advocates and everyday citizens to shape positive solutions for safeguarding the open Internet. Here are the key recommendations they came up with:

1: Respect creators – 67% of respondents in our crowdsourcing process wanted to see at least three-quarters of revenue from the sale of creative works to go directly to artists and creators. They also desire new ways for creators to share their work, flexible exemptions and a rich public domain. "These laws were originally put in place to protect the rights of the artist, yet in these days, it's only the producers/publishers/etc. that benefit." – LaTora Prince, US.

> Once citizens take the initiative and come up with a positive vision, it makes it very difficult for politicians and decision-makers to ignore it. People around the world are demanding decision makers abandon their regimes of secrecy.

2: Prioritize free expression – Nearly three-quarters of respondents selected "Prioritize Free Expression" as their top priority. Respondents proposed a four-pronged agenda for copyright, including preventing censorship, protecting fair use and fair dealing, promoting access and affordability and creating clear rules to govern the sharing of knowledge and culture online. "On the Internet, free expression, creativity, education, public discourse and debate thrive like never before. The people of the world finally have a voice." – Chris, Sweden.

3: Embrace democratic process – Over 72 percent of respondents want copyright rules created through "a participatory multi-stakeholder process... that includes Internet users, creators and copyright law experts." "I want a platform where citizens can vote on specifically worded issues and vote on amendments to the specific wording, popular decisions brought to lawmakers [that] become policy and a democracy that keeps up with communications technology." – Sean, Canada.

The contrast between what citizens want and what TPP negotiators are pushing forward couldn't be clearer. These crowdsourced recommendations, the "Our Digital Future" report and the community that built it stand as a powerful counter to the top-down dynamics driving the TPP.

Once citizens take the initiative and come up with a positive vision, it makes it very difficult for politicians and decision-makers to ignore it. People around the world are demanding decision makers abandon their regimes of secrecy and embrace the open and participatory values of the Internet when it comes to shaping our collective future.

To learn more about what Internet users have to say about how we access knowledge and share culture in a digital age, we invite you to read the full report at https://OpenMedia.org/DigitalFuture

Steve Anderson is the executive director of OpenMedia.ca, a community-based organization that safeguards the possibilities of the open Internet. Josh Tabish is the campaigns coordinator with OpenMedia.ca Contact OpenMedia at contact@openmedia.ca

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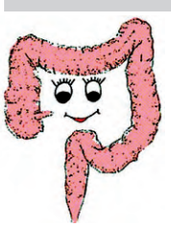

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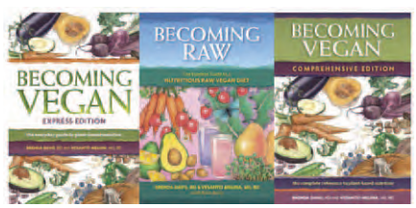

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... ***Lest we forget*** *from p.6*

declaring such support was convenient for the government. 'It's a betrayal, is what it is,' Moncur said, convinced that closures [of Veterans Affairs offices] were a deliberate strategy to reduce services. 'If you are told "No" enough times, you'll go away.' It was all part of the Harper government's triple-D credo: 'delay, deny and die.'"

> While leader of the opposition, he urged Canada to go to war with Iraq, apologizing to the US for Jean Chretien's decision not to join the invasion based on non-existent WMD's.

The chapter, like the rest of *Party of One*, documents its subtitle: *Stephen Harper and Canada's Radical Makeover* and gathers together candid and chilling examples and opinions, on everything from handing over Afghan detainees to be tortured, to the infamous and disastrous meeting between veterans and Minister Julian Fantino, the unpopular New Veterans Charter, former general and Senator Romeo Dallaire's "It's pissing me off" and Canadian diplomat Richard Colvin's observation of Afghanistan: "People died for nothing, to prop up drug dealers and killers."

Too many stories of homelessness, helplessness, addiction to street drugs, alcohol, OxyContin and Percocet. Far too many stories of suicide, including a final note requesting a "just family" funeral, where, instead, the military waited 14 months and staged a full ceremony. Other stories include a benefits payment lost behind a filing cabinet, a letter of condolence requesting a re-payment of $581.67 from a suicide victim and a one-cent cheque marked "Canadian Forces release pay," sent to a soldier's mother two-and-a-half years after her son had killed himself.

In his relentless quest to retain power, Stephen Harper "makes no distinction between ending postal delivery, closing scientific facilities and cutting veterans' benefits," Harris reports. At the same time as the PM greeted the last Canadian soldiers returning from Afghanistan earlier this year, federal lawyers were arguing in court against any special obligation to soldiers who fought for Canada, a 100-year-old promise made by former Prime Minister Borden.

"This is beyond a medical issue," says retired general Rick Hillier. "I think that many of our young men and women have lost confidence in our country to support them."

Veteran Bruce Moncur adds, "It's like we've become an inconvenience. If veterans aren't safe from budget cuts, I guarantee you, no one else is. Every Canadian needs to take notice of this."

Perhaps the most disquieting quotes in *Party of One* are the final words from Farley Mowat: "About the country, about our future. It is like an aura that seems to have gone wrong. I have the sound of an old cannon fired in 1812 in my ears. It is the sound of war again. War is coming back. There is an inevitable sense about it. I'm pretty pessimistic... You have to create warrior nations, they are not born. They have to be made. It is the preliminary step of a tyrant and this son of a bitch incited Canada into becoming a warrior nation." ◂

Bruce Mason is a Vancouver and Gabriola-Island based five-string banjo player, gardener, freelance writer and author of **Our Clinic.** brucemason@shaw.ca

The myth of the solitary genius

by Geoff Olson

One night recently, I slapped a disc into the DVD player, fell back onto the man-cave couch and pressed play. A half-hour into the 2009 Nova episode, *What Darwin Never Knew*, my patience was wearing thin. I wasn't expecting or particularly wanting a long or complicated explanation of evolutionary theory, but I did expect more than just a series of balding heads raving about the OMG genius of Charles Darwin.

Alternating with praise was the predictable stock film footage: clips of lumbering Galapagos tortoises with their foreskin-like necks, shots of finch species and their evolutionary toolkit of diverse beaks, and a parade of portraits of Charles Darwin.

To accent Darwin's scientific sainthood, New Agey choral music accompanied daguerreotypes of his bearded noggin. The music repeated whenever a computer generated twist of DNA twirled into view. As this pop-science hagiography wore on, I half-expected to see a circle of nerds in lab coats, reciting Richard Dawkins' quotes around Chuck's burial plot at Westminster Abbey.

As a science fan, I'm all for the triumph of reason over superstition. But there is a weirdly religious angle to many of these pop-science productions, stretching from Carl Sagan's PBS series *Cosmos* to the rebooted Fox television version with Neil deGrasse Tyson. In the effort to 'humanize' science, the media has a bad habit of turbocharging the "great man" theory of history.

I sighed and pressed eject. The DVD player obligingly spat out *What Darwin Never Knew* like a week-old scone.

Science has its secular prophets and saints and Darwin is a combination of both in the popular imagination. A guy with the beard of an Old Testament patriarch who kicked creationist ass back into the Dark Ages with lovely prose and nuanced reasoning? What's not to love?

There is no denying the man's brilliance, though his career-defining concept didn't just occur to him in a sudden 'aha' moment. Science historians are well aware that a loose idea of biological evolution was floating around European intellectual circles decades before the 1859 publication of *The Origin of Species*. It was the 'how' of evolution that was in question and the naturalist who boarded the exploratory ship, the HMS Beagle, was part of a network of 19th century thinkers zeroing in on the same answer.

The reserved collector of beetles and botanical specimens didn't just fear a backlash from biblically inclined readers; he was a world-champion procrastinator who only finished *The Origin of Species* when he learned that Welsh naturalist Alfred Russel Wallace had independently hit on the theory of evolution by natural selection. Darwin decided to publish rather than perish. But even the standard biographies will tell you that.

I bring up Darwin as an example because of the recent backlash against the notion of the solitary genius who gives more to society than he or she gets.

The word "genius" first showed up in Middle English and originates from Latin, meaning an "attendant spirit present from one's birth, innate ability or inclination." Only after the Enlightenment era's emphasis on the autonomous individual and the Romantic era's notion of creativity fired in the crucible of loneliness did its dominant meaning arrive: "a person who is exceptionally intelligent or creative, either generally or in some particular respect."

In his book, *Powers of Two: Finding the Essence of Innovation in Creative Pairs*, historian Joshua Shenk notes how great minds feed off creative partnerships. Picasso had Georges Braque to kick-start the cubist movement; Freud had the physician Wilhelm Fliess to consult; Einstein bounced his theory of relativity off the engineer Michele Besso, whom he lauded as "the best sounding board in Europe."

In a recent *New York Times* article, Shenk notes that when sociologist Michael Farrell looked at movements from French Impressionism to that of the American suffragists, he "...found that groups created a sense of community, purpose and audience, but that the truly important work ended up happening in pairs, as with Monet and Renoir, and Susan B. Anthony and Elizabeth Cady Stanton." In his own study of pairs, Shenk uncovered the same pattern – "most strikingly with Paul McCartney and John Lennon."

The same could be said of the titans in the business world. Two whip-smart Stevens cofounded the world changing computer company, Apple Inc. Steve Wozniak departed early and Steve Jobs leveraged his smarts by identifying, collaborating with, coercing and sometimes humiliating people even more brilliant than himself.

Also, Jobs took many of his best ideas from Xerox PARC and other non-Apple sources, just as Microsoft's Bill Gates and Paul Allen looked to some Apple innovations for the first clunky Windows software. And, needless to say, the software wizardry of both Apple and Microsoft would have withered on the vine without venture capital, friendly press and other social inputs.

Shenk's ideas of pairs is a praiseworthy start at deconstructing our near-religious ideas of solitary 'genius' – particularly among male scientific leaders. But it doesn't go quite far enough in acknowledging the social dimensions of science, artistry and invention, including their dark sides.

Among the most famous pairings in the history of science are James Watson and Francis Crick, two Cambridge scientists who shared the 1962 Nobel Prize for their discovery of DNA's structure with King's College physicist Maurice Wilkins. Actually, there was a fourth member in the picture. But at the time of the Watson/Crick/Wilkins Nobel Prize win, King's College virologist Rosalind Franklin might as well have been the Fantastic Four's Invisible Girl.

Born in Notting Hill, London into an affluent and influential Jewish family, Franklin studied chemistry at Cambridge. After a stint in Paris, she came to King's College's biochemical unit. The material in the cell's

nucleus, DNA, was suspected to be the "molecule of life" and the race was on to decode its structure.

Through her superior technical skill, Franklin produced much better X-ray diffraction imagery than her competitors at Cambridge. Unfortunately, through a series of manoeuvres behind her back, Watson and Crick were shown her photographs from Kings College without her knowledge or consent. Even though unpublished drafts of her papers reveal she had already cottoned on to the helical structure of DNA and the arrangement of phosphate groups on the outside of the molecule, her absconded photographs allowed Watson and Crick to decode DNA's structure before other competitors, including chemist Linus Pauling.

Franklin died of cancer in 1958. James Watson's memoir, *The Double Helix*, appeared on bookstore shelves 10 years later. The author portrayed "Rosie" as unattractive, uncooperative and incompetent at interpreting X-ray images, while acknowledging he and Crick used her data without her knowledge.

Franklin's critical contribution to her colleagues' work became a footnote in scientific history. But is anybody all that surprised that a standout woman scientist met such a fate in the mid-twentieth century? Across a range of disciplines, it's been a longstanding tradition for tenured professors to take credit for the grunt work, and even the ideas, of postgraduates working under them. "To steal ideas from one person is plagiarism; to steal from many is research," said playwright Wilson Mizner.

But back to Darwin and a heretical question about the high priest of biological science. Was he really the first to hit upon the theory of evolution of natural selection? The debate has mostly been limited to obscure journals and limited corners of the Internet, but it hinges on scientific papers from 1835 and 1837 by naturalist Edward Blyth.

Referencing adaptation and selection, Blyth mused in 1837, "To what extent may not the same take place in wild nature? May not then, a large proportion of what are considered species have descended from a common parentage?"

These quotes, along with other passages too lengthy to cite here, predate *The Origin of Species* by three decades. In the late fifties, anthropologist and writer Loren Eiseley came across Blyth's work in a dusty archive of 19th century periodicals. "I nearly fell off my chair," the anthropologist reminisced in 1975 when he determined that Darwin would very likely have read Blyth's work during his voyage on the Beagle.

Eiseley recorded his findings in *Proceedings of the American Philosophical Society* in 1959, arguing that Darwin's epochal discovery was really the property of Blyth. To say the paper was as welcome as a fart in a faculty room would be understating the stench. In the following years, academic heavyweights like Stephen Jay Gould and Ernst Mayr argued against Eiseley's thesis, insisting Darwin recognized the creative potential of natural selection while Blyth did not.

"I believe I may say that I resurrected him [Blyth] sufficiently that considerable energies at Cambridge and elsewhere have been devoted to laying his ghost, not with entirely satisfactory results," the anthropologist dryly remarked in his 1975 memoir, *All the Strange Hours*.

The critics's other principal objection hinges on the later discovery of Darwin's unpublished notebooks, which they insist prove Darwin had his theory of evolution figured out earlier than previously thought. There is one problem with this argument. Academic priority is not determined by who discovered what first, but by who published what discovery first. In any case, Loren Eiseley passed away in 1977 and his posthumously published 1981 book, *Darwin and the Mysterious Mr. X: New Light on the Evolutionists*, has long since been out of print.

Regardless of who discovered what and when and in whichever field, we should always be wary of the cult of intellectual celebrity that inflates flawed human beings into demigods and makes bright people – educated or otherwise – doubt their own capacity for critical thinking or creativity.

Of course, there are phenomenal people of immense talents among us, but their opportunities to shine didn't occur in a social vacuum. Nearly all of them owe something to mentors, colleagues, advisors and authors living and dead, to say nothing of friends and family members who encouraged them to keep going. If we keep this in mind, we'll be in a better position to honour the nearly forgotten ones who slipped through history's cracks – like Edward Blyth and Rosalind Franklin. It's time to bury the myth of the solitary genius for good.

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... ***Invasions*** *from p.7*

about to defy international law by attacking a sovereign state for the actions of some of its citizens. This was no different from the US invasion of Afghanistan in retaliation for the actions of some of the citizens of Afghanistan."

"Complementing the birthright of the American Empire for unilateral invasion of sovereign states is the American obsession with warmongering. Jefferson hinted at this American trait in his letter of December 26, 1786 to the president of Yale College. In that letter Jefferson noted that taxing Americans to wage a war against the Barbary States would be more popular politically than taxing them to pay tributes. Other Christian empires recognized that tributes were far cheaper than wars. In 2007, Americans were paying $50 billion each month to wage a war in Iraq, rather than spend a much smaller amount on waging peace."

"Jefferson became president in 1801 and began a policy of intimidating and provoking the North African Muslim states by flexing its military muscle with a US naval presence in the Mediterranean. This had been the standard American tactic against the First Nations. Provoke them into an attack with taunts, intimidation, theft and humiliation and use that attack to justify all out war. Keep these provocations as secret as possible so that you can claim that the attack was unprovoked. That would make it easier to get the support of Congress and the American people. Thus Jefferson made sure that he did not inform Congress prior to sending the US navy to the Mediterranean."

"Jefferson sent four ships, the *President, Essex, Philadelphia* and *Enterprise* under the command of Commodore Richard Dale to blockade and bombard Tripoli. Jefferson used as evidence of Tripoli's "unprovoked" attack the seizure of two American ships by Tripoli. These two American ships had *mysteriously* wandered from American bases across an entire ocean, the Atlantic Ocean, and blown *magically* off course into the Mediterranean. How else could they have been seized without provocation by Tripoli since Tripoli had not crossed the Atlantic Ocean to seize them?

Does anyone see the emerging American pattern which played out in the Gulf of Tonkin in 1964? As in the case of the two American ships which had mysteriously entered the Mediterranean in 1801, the two US warships, *Maddox* and *Turner Joy,* had *mysteriously* wandered from their bases in the United States all across the Pacific Ocean to land in Vietnamese waters so that the Vietnamese would cause an unprovoked attack on the US. Or is it simply that the American Empire has the god given right to be in every country's backyard?

Jefferson carefully played his hand pushing Tripoli to declare war on the American Empire in May 1801. In response, Jefferson convinced Congress to pass an Act in February 1802 for a permanent US naval presence in the Mediterranean. In May, 1803, the American Empire sent more ships to strengthen the blockade and enhance the bombardment of Tripoli. In October, 1803, Tripoli captured the *Philadelphia* forcing the US to destroy it rather than have Tripoli add it to its own fleet. In September, 1804, Tripoli destroyed the *Intrepid.*

American reinforcements under Commodore Samuel Barron arrived soon after the loss of the *Intrepid.* With the war going badly for the Americans they hatched a plot to overthrow Tripoli's ruler with his older brother who had been exiled in Egypt. This was the birth of the American policy of *Regime Change.* The original "Dick Cheney" of *Regime Change* was the American consul to Tunis, William Eaton. Eaton raised a mercenary army of Arabs and Greeks and marched 500 miles overland to Tripoli."

"Jefferson had made up his mind long before he became president that he would convince the American people to wage war on the Barbary States. Western historians, would, of course, claim that this was not a Christian War against Islam, but would make no effort to explain why the US did not criticize Christian States, including itself, for using pirates to expand their empires and spheres of influence. Moreover, in pointing out the inhumane treatment of captured American sailors by the Barbary pirates as a justification for Jefferson's invasion of North Africa, these American historians conveniently fail to compare such inhumane treatment with the equally inhumane treatment of American privateers captured by England during the War of Independence. The British did not recognize the captured American privateers as prisoners of war just as the US today does not recognize captured al-Qaeda fighters as prisoners of war. They were held in special camps very much *continued p.35...*

The fest goes on

Valley Uprising charts the roots of "outlaw" climbing culture in Yosemite National Park.

These may be uncertain times for cinema, but the Vancouver International Film Festival ended last month on a high note, announcing it set a new box office record: a 10% increase from 2013, the festival's previous benchmark year. For all the worries about media saturation, people still come in droves for the social experience of watching a film together in a dark room. The 1,800-capacity Centre For Performing Arts in downtown Vancouver was packed to the rafters for the closing film *Whiplash*.

Out now, *Whiplash* follows a student drummer (Miles Teller) as he pursues dreams of jazz greatness at a top music conservatory under the tutelage of a brilliant, but terrifying, teacher (J.K. Simmons). The music scenes in the film are tremendous. Such is the skill of the actors and filmmakers, you can forgive the sometimes absurd melodramatics of the story and warm to the big Hollywood-style pay-off.

Whiplash was one of the most popular films at VIFF, but the Most Popular Award went to the Japanese underdog baseball movie, *The Vancouver Asahi,* based on the real Asahi champions of the 1920s and 1930s. No release date is set yet, but Jari Osborne's *Sleeping Tigers: The Asahi Baseball Story,* a 50-minute NFB documentary about the team's success and impact of the wartime internment policy on the Japanese-Canadian players, is free to view at www.nfb.ca The Most Popular International Documentary Award went to Glen Campbell: *I'll Be Me*, following the country star's uplifting farewell tour after he was diagnosed with Alzheimer's disease.

The BC pregnancy comedy *Preggoland* and *All the Time in the World,* a chronicle of a family's back-to-the-land experiment in the Yukon, won most popular Canadian Feature and Documentary.

The much anticipated documentary *Valley Uprising*, which charts the roots of "outlaw" climbing culture in Yosemite National Park, is part of the Vancouver International Mountain Film Festival's Fall Series November 12-15 at the Rio and Centennial Theatres. Another is the hour-long *Dream Line* profiling professional skier Ptor Spricenieks who is "living the dream." There's also a mountain bike show. More details at www.vimff.org.

Film festivals abound this month: the 18th Annual Vancouver International Asian Festival (www.vaff.org) runs November 6-9 at International Village Cinemas in Vancouver. Meanwhile, a new one-day music fest debuts at the Vancity Theatre on the 7th. "Render" (www.renderfestival.com) will be "championing innovative and cutting-edge music videos" and their creators. As well as the likes of *The Knife* (director Bitte Andersson), *They Might Be Giants* (director Alex Italics) and *Asbjorn* (director Powerclap), they'll also be featuring locally made work by Wintermitts (director Artino Ahmadi) and PrOphecy Sun (director Eliot Zee).

The annual Vancouver Jewish Film Festival (www.vjff.org) is back November 6-13 at Fifth Avenue Cinemas. The closing film, *Under the Same Sun,* is an upbeat "what if?" story where two businessmen, one Palestinian and the other Israeli, overcome entrenched divisions in their communities to set up a solar energy company and end up becoming role-models for peace. It was made by a Palestinian director and Israeli producer.

Coming up next month is the Whistler Film Festival (December 3-7). Among the six films competing in the coveted Borsos Competition for Canadian film is *Mountain Men,* a dramedy about two estranged brothers caught in a Rocky Mountain winter wilderness who must bury their differences to survive.

Robert Alstead is making a BC-set documentary **Running on Climate.** Support is welcome at www.fund.runningonclimate.com

First they came for the terrorists

by Adam Sealey

On Wednesday, October 22nd, a deranged young man, Michael Zehaf-Bibeau, with a record of criminal acts and a drug addiction, shot and killed Corporal Nathan Cirillo, a reservist standing guard at the Tomb of the Unknown Soldier War Memorial in Ottawa. The shooter then entered Parliament, somehow slipping by police and security. He was ultimately shot and killed in a gun battle inside Parliament. The news coverage of Corporal Nathan Cirillo's regimental funeral was extremely emotional – a very sad occasion for all Canadians.

On CBC radio at 1PM on October 28, I heard Rev. Canon Robert Fead, who presided over the funeral ceremony, proclaim to the world, "Well done, soldier, well done! He gave his life at the most sacred and hallowed ground in this country. His bravery, his sacrifice, is not in vain."

Whether or not this young man died "in vain" depends on perspective.

On October 27, Michael Harris wrote in iPolitics.com, in an article entitled *"Harper's shameless move to steal away more freedoms,"* "Greenwald [Glenn] noted the Harper government moved with "shameless" and "naked" speed to use the tragedies to announce a grab by his government for more surveillance and arrest powers that further undermine the core principles of justice in this country. This was accomplished immediately and without proof connecting the events, including the shooting of Cpl. Cirillo, with terrorism."

The article goes on to point out that Foreign Affairs Minister, John Baird, later told the BBC there was no established connection between Islamic State and the tragic murder of Corporal Cirillo.

I watched the drama unfold on the afternoon of October 22 on CBC News. I was dismayed to watch as the CBC chose to use a photo of Brigette DePape, the young parliamentary page who in 2011 was led out of the Senate by Sergeant at Arms Kevin Vickers. This is the same Vickers who killed Bibeau in the Centre Block of Parliament. In the now famous photo, DePape is shown holding her "Stop Harper" sign. She unfurled it in the Senate during the speech from the throne as an act of peaceful political protest to the Harper Government cuts to environmental protection laws and other grievances not as an act of aggression, threat or terrorism. Why did the CBC, now controlled by Conservatives, choose to use this photo?

British celebrity comedian Russell Brand, in his Trews News video blog called "Ottawa Killings, Who wins?" brilliantly illuminates, with his usual humorous flair, that the deeper tragedy of this crime that is being used to engineer and control the narrative and public perception about the threat of terrorism in Canada and the U.S. in order to justify further military bombing of "the terrorists" and civilians in Iraq and Syria. The advancing of war to take control of resources in that region benefits from framing this story in that light, even though Baird admitted to BBC that there was no link.

We are now at a critical crossroads in our nation. Will we be led like lambs to the slaughter on the altar of "economic priority" and "safety from terrorists" by giving up our freedom of expression for the illusion of security? It's time to speak up.

"First they came for the Socialists, and I did not speak out – Because I was not a socialist... Then they came for me – and there was no one left to speak for me." – From the poem by Martin Niemoller about the cowardice of German intellectuals following the rise of Nazi power in Germany.

Please Canada, let's not go there again.

Leo "Bud" Welch One rockin' octogenarian

For 82-year-old guitarist/singer Leo "Bud" Welch, it's been the biggest year of his life. The first real-deal, old-school Mississippi bluesman to be discovered and recorded in a long time made his first album in January, got his first passport and took his first flight from as far back in the woods as one can get in 21st century North America.

"All those people out there; that's as many in one place at one time as I've seen all out together in my whole life," he told me backstage at the Vancouver Island MusicFest in July. "What took me so long? I had nobody depending on going out there and getting me started. Couldn't get nobody... get a helping hand.

"Just me and my guitar and the good Lord keeping me going, letting me stay around for something while he made a way. I needed something to come along easier for me.

"Thank God, I got it going," he grins, lopsidedly. "I still get around good, don't walk with no stick or nothin, get up and dance when it moves me," he added, adjusting his ball cap and running his hands over one of the suits and ties he wears when performing. His hot pink electric guitar – a symbol of the fight against breast cancer, which has taken too many from his small circle – is emblazoned with his name in stick-on postal box, black and gold letters and strapped over a shoulder stooped from 35 years of cutting timber on riverbanks.

His hearing is slightly impaired from the chainsaws he's carried as close and as often as a guitar. But hearing his introduction loud and clear, Leo spins as if released, waving with tenacious energy at the large crowd, proudly marching front and centre, as if on fire, shouting back, "I'm glad to be here on this day, but this is only the beginning."

The audience reacted the same way as they did a few weeks earlier in France, Italy and Switzerland and a few days later at the Vancouver Folk Music Festival – joyfully soaking up something primal, someone's sheer fun and singular charisma, witnessing what everyone assumed was extinct, knowing that what they were experiencing will never pass this way again.

Over the course of half a dozen interviews – in a summer jam-packed with music and chats with folks who make it – helped out by the manager who is a big part of the story, translating the drawl and incomprehensible snippets, I pieced together some of the life of of Leo "Bud" Welch.

Born in Sabougla (pronounced shah-boog-lah), Mississippi in 1932. Raised with four brothers and seven sisters in unincorporated Calhoun County, home for his entire life. "Nothing but a two-store spot, wasn't even a post office, no law in town, all just country people and my home in the middle of a field somewhere," he recalled.

"My cousin R.C. saved up seven dollars for a mail-order guitar when I was 12 years-old and I walked to get it at the nearest post office. I was told not to mess with it, but R.C. took to courtin,' we called it. I started wailin' and bangin' on it and listening to all kind of music on the radio. By the time he caught me, he said, 'OK, you got better than me.'

"When I got big enough, we'd play house parties and three-day picnics with ball games out in the woods. I'd have to walk, sling my guitar over my back and down the road I'd go. People would drop nickels, dimes and quarters in my pockets and even in the hole in my guitar. I'd get home and have to shake all the money out."

He couldn't afford bus fare for an audition in Memphis with B.B. King, couldn't stray far or play late-night bars. And too tired from work, he took to playing in churches.

He settled in Bruce – named for E.L. Bruce, the hardwood magnate – which boasts "Where Money Grows in Trees and Hopes and Dreams Never Die." The Mississippi town of 2,000 has seven mills and runs on their shift whistles. The nearest interstate (I-55) is 20 miles away, the closest city – Elvis' hometown of Tupelo – lies 30 miles northeast. Most maps can't find it.

Of raising his family of four, Leo says, "I run the chains, cut timber. Told my wife if I had a dollar for every tree I trimmed off, I'd be a millionaire today. Called myself a one-man band, the one-man saw, cut timber for 35 year, goin' down there Monday to Friday. We couldn't see when we'd go and we couldn't see when we'd come back, worked from dark to dark. In between, I cut cotton and corn for 50 cents or a dollar a day."

He couldn't afford bus fare for an audition in Memphis with B.B. King and couldn't stray far or play late-night bars. And too tired from work, he took to playing in churches. Saturday night music on Sunday. "When the preacher visited another place, me, my sister and my sister-in-law – I called them the Sabougla Voices – would go along," he remembered.

Enter Vencie Varnado who had known Leo all his life. He retired back home from a career in the military and began pestering Welch to make a record. But an untrusting Leo had heard it all before. So Vencie hired him to play at this 50th birthday party and secretly taped a few minutes on his cell phone. Varnado emailed it to Fat Possum Records, which had specialized in undiscovered, authentic blues artists, until six years ago when they couldn't find any more. Within a month, 10 tracks of real-as-real-gets foot-stomping hill country gospel, "Leo Welch: Sabougla Voices" was released on the subsidiary, Big Legal Mess, featuring all-star local musicians.

It caught the ear of National Public Radio and other media, blues promoters in Europe and filmmakers who hired him to work with Ryan Gosling on a shoot in New Orleans."Long as Leo's happy, that's what counts," says fiercely dedicated Vencie, whom Welch has nicknamed "Big Money." He's the last traditional bluesman, the last tree in a stand of cut timber. Helpin' is my way of giving back."

"Don't nothing get old but clothes and you wash, starch and iron them and they new again," says Leo. "I just play like I play. I'm not trying to be anybody else. I give all the credit to Big Money. He's my backbone. Now I'm hoping to get a place bigger than one room and enough closet for my clothes.

"I'm goin' to make a blues record when I get back home from playing in Berlin, Germany. Blues has a feeling just like gospel, but they don't have a book like the *Bible.* It's just different words. Blues is just explaining about life. Life on this Earth," he adds.

"Hey Bruce, you got the same name as my home. You tell everyone to believe something good and bigger than themelves," concluded Leo "Bud" Welch. "Never 'give up. I'm enjoying the best I ever enjoyed in my life."

Bruce Mason is a Vancouver and Gabriola-Island based five-string banjo player, gardener, freelance writer and author of **Our Clinic**. brucemason@shaw.ca

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NOV 5
"Planet Night" Archetypal Astrology Slideshow: Wed. Nov 5, 6:30-8PM, Banyen Books, 3608 W. 4th Ave. A deeper look at holotropic and psychedelic states. www.rennbutler.com

NOV 6:
Spark: A Leadnow interactive event – Igniting a campaign to defeat Harper and move Canada forward. 7PM, Ukrainian Centre at St. Mary's (3150 Ash St). The 2015 election is just around the corner. To defeat the Harper Conservatives, we need to work across party lines. Join Leadnow.ca for "Spark" to learn about our people-powered election campaign. www.leadnow.ca/connect/

NOV 7-9
Introduction to Foot Reflexology commences Certificate Weekend Training Course. Friday Introduction 7:30PM, $10; Course $395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

NOV 12
Elizabeth May, leader of the Green Party of Canada launches her new book, Who We Are: Reflections on My Life and Canada. 7:30PM, Canadian Memorial United Church & Centre For Peace, 1825 W. 16th Ave., Vancouver. (See Nov 29 listing for Green Gala.)

NOV 12 & DEC 10
Free NLP Class: RSVP (604) 442-8657, www.TherapeuticNLP.com
6:30-9:30PM, 4405 West 8th Avenue. Be the change – Learn NLP. Basic NLP Practice and Certification Starts Nov 22. With Tracy Joy, Founder of NLP Vancouver.

NOV 14-15
3rd Annual Shaman Woman, Plant Medicine and Psychedelics Salon: Simon Fraser Habourfront Campus. Nov 14, 6-9PM, discussion on Self Defense and Jedi Practices in the Psychedelic World. Nov 15, speaker series. Info: www.visionarycongress.org info@visionarycongress.org

NOV 15
Open House - Institute of Holistic Nutrition (Vancouver): Course/Career opportunities, exhibits, lectures & more. 10AM-3:30PM, 604 West Broadway, Ste. 300. 604-558-4000, Lecture descriptions at www.instituteofholisticnutrition.com

NOV 15
Right-to-die – A dialogue: 1-4:30PM, First Unitarian Church of Victoria, 5575 W. Saanich Rd., Victoria. A moderated discussion of right-to-die issues & pros and cons of physician assisted suicide. Q&A. Free. http://choicesindying.com/

NOV 16
An evening with Joan Baez: Vogue Theatre, doors 7PM, show 8PM. Tickets timbreconcerts.com or in Vancouver at Red Cat Records, 4332 Main St. / Zulu Records,1972 W 4th Ave. / Highlife Records, 1317 Commercial Drive.

NOV 18
In the tradition of Omraam Mikhael Aivanhov, Carmen Froment, co-author of What the Future of Humanity Could Be presents mastering oneself and preparing for the New Earth concluding with a Laser Meditation at Banyen Books, 6:30PM. Free.

NOV 21 & 22-23
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NOV 21-23 & DEC 12-14
Nov 21-23 'Living the Inquiries', a workshop with Scott Kiloby, www.kiloby.com
Dec 12-14: 'Exploring Self-Inquiry', a retreat with Mooji, on DVD, www.mooji.org At Swanwick Centre, near Victoria. To register, email: swanwick@shaw.ca or call 250-744-3354. www.swanwickcentre.ca

NOV 21-23
Introduction to Ear Reflexology commences Certificate Weekend Training Course. Friday Introduction 7:30PM, $10; Course $395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

NOV 22
Cohousing Forum: Environmentally & socially sustainable communities (private homes & extensive common facilities) are planned, owned & managed by residents. FREE Presentations, Q&A Tables, Info Booths 1-4PM, Vancouver Public Library, Alice MacKay Rm., 350 W. Georgia St. www.cohousing.ca

NOV 23-25
Become a Certified Iridologist. Iridology course level 1 & 2 with Dr. Diane Blackburn, Certified IIPA Instructor. Obtain IIPA certification. www.qwest4health.ca, 604-560-5119.

NOV 29
3rd Annual Green Gala Fundraiser Celebration in support of Green Party of Canada. With special address by MP Elizabeth May. Chinese Cultural Centre of Vancouver. Doors 7PM. Earlybird tix $30: greengalavan.eventbrite.ca

NOV 29-30
Lifeskills for the Highly Sensitive Person Workshop: Discern and release negative energy. Find your place of peace. Learn how to adapt and relax in your environment. Experience your full potential. $250 earlybird. 9AM-4PM both days. To register call Brenda 604-738-7957 or brenda@brendabarton.com

NOV 30
Soul Healing Miracles Workshop for Pets: Sunday, 10AM-5PM, $55 at Master Sha's LPH Centre, 1280 Odlum Drive, Vancouver. www.MasterShaSoulHealingCentreVancouver.com

DEC 5-7
Soul Light Meditation Workshop with Master Marilyn: Saturday-Sunday, 10AM-5PM, $55 each day at Master Sha's LPH Centre, 1280 Odlum Drive, Vancouver. www.MasterShaSoulHealingCentreVancouver.com

DEC 6-7
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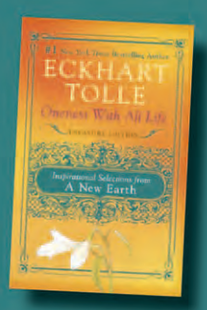

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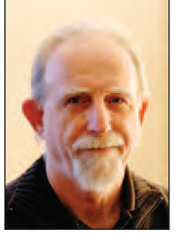

Mac McLaughlin

StarWise November 2014

EVERY CHILD is precious and special – and, of course, my child is the most precious, cute, smart and beautiful of all. That's how we all feel – and should feel – about our offspring. You might ask, "What makes a child special and by what power are they gifted with special talents and abilities?"

The stars incline and compel us towards our destiny throughout our lifetimes. If your child is destined to become a musician and you project your will onto the young one and insist they become a scientist or a doctor, you are not helping the child's destiny. If anything, you are hindering it. If your child is destined to be a doctor and you hand him a violin, again, you are hindering and blocking his/her natural abilities. In this same train of thought, if your child has musical and artistic gifts and you feed that by giving her those toys and objects that relate to her gifts, she will grow and flower at an exceptional rate of speed.

We carry our gifts and talents with us throughout our incarnations and they form our predilections in our present lifetime. My guru taught us that every king wants his son to be a king, not a minister, and we all want the best for our beloved children. The reason for my rambling is that a very special time has just passed, in which the planets held very strong and powerful positions. The Jyotish (Vedic astrology) teaches that if a person is born with three planets in their own signs – or signs of exaltation – they will do well and will hold good positions in their families. A planet is exalted in the zodiac sign in which it can do its best and wield its power freely. A person born with four planets in their own signs or exaltation signs will become very powerful and wealthy. A person with five planets in their own signs becomes equal to a king and will be wealthy and a leader.

In order for a person to truly reap the power that the planets in their own signs or exaltation signs offer up, there are all kinds of rules and varied stipulations to the above qualifications. If your child was born between August 17 to September 20, 2014, they will have either three, four or five planets in special positions; you might want to check into it because little Mozart, Einstein, Shakespeare, Mother Teresa or Joan of Arc might be sitting in front of you, right now.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.

ARIES Mar 21 - Apr 19
Lord Mars spends the month at the top of your solar chart. It's an indication you should get a move on and strive towards your goals. You are very capable and ofttimes will only do things to prove to yourself you can do them. Well, let's see what you can do.

TAURUS Apr 20 - May 21
It's time to nurture the inner self. Taurus works very hard in order to bring security and abundance its way. Now you must put in the same effort in order to achieve inner harmony and wealth. The full Moon on November 6 helps in illuminating your circumstances, especially regarding relationships and finances. Trim away the excess.

GEMINI May 22 - Jun 20
Lord Mercury joins up with Saturn as they traverse your solar sixth house ruling such topics as health, debts, enemies and those that can help you in overcoming your problems. It's time to go long and to think deep about what needs to be done in order to bring health, harmony and happiness your way.

CANCER Jun 21 - Jul 22
You can expect some fireworks in the first half of the month and possibly some resistance to your ideas and plans. You might not mind though; you might be in the mood to get it on and get things done. Romance could be in the works as good times are indicated. Find the balance. It's important.

LEO Jul 23 - Aug 22
Win some, lose some, win some more, lose some more – that seems to fit the rhythm of the times for dear Leo. Things lighten up a bit after November 22 and you might be relieved once November passes by. It's all about checks and balances and not going overboard with any particular thing.

VIRGO Aug 23 - Sep 22
Money, name and fame won't get you where you want to be. Man cannot live by bread alone for his spirit needs to be nurtured as well. Now is the time to do exactly that. The full Moon on November 6 lights up your solar ninth house ruling such topics as spirituality, philosophy and travel.

LIBRA Sep 23 - Oct 22
Communications and negotiations work well in the first week of November. Words come easily and your thoughts are put together nicely. Libra does possess the gift of grace when it comes to solving concerns and problems. November 3, 4 and 18 are days in which your patience may wear thin and sparks may fly.

SCORPIO Oct 23 - Nov 21
It's all the way or no way – never half-way as far as Scorpio is concerned. You are learning things on a deep level and most likely gaining some wisdom through the powerful experiences of late. Looking to the future and clearing out the past is the work at hand now.

SAGITTARIUS Nov 22 - Dec 21
The new Moon on November 22 heralds a new start. You may have grown tired of the status quo and are restless for change. Accommodate the changes best that you can and do what you can while you can. Powers beyond your control are looming on the horizon. All the more reason to make your moves now.

CAPRICORN Dec 22 - Jan 19
Power plays and powerful days will manifest on November 4 and 10. It is best to be perceived as a team player and not a power tripper. Any abuse of power is likely to backlash strongly on these days. If you display fairness and integrity in a leadership role, you will gain power, respect and influence.

AQUARIUS Jan 20 - Feb 19
News pertaining to career objectives comes in on November 6. The relationship area is hot. Partnerships and alliances are formed and a win is likely regarding legal matters. Home, land and real estate concerns are dealt with now. A gathering or family reunion is likely. The last week of this month is more to your liking.

PISCES Feb 20 - Mar 20
The November stars are hinting at travel, publishing, writing and education. Career interests spike towards the end of the month and into December. Many Pisces people are spiritual and now the stars are bringing more of an interest in spiritual and philosophic matters. It is also a time to work on health and dietary issues.

... *Invasions from p.29*

like today's Guantanamo, Abu-Ghraib and other secret US prison camps in Europe. One of the most notorious was the prison ship, *Jersey.*"

The Spanish American War and the American invasion of Cuba: 1898

"In the late 1890's Americans were asked to give their lives to fight the "evil" empire of Spain just as they are asked today to give their lives to fight the "axis of evil," Iraq, Iran and North Korea. President Obama added Pakistan to President Bush's "axis of evil." In the 1890s, the American propaganda was that Cubans would greet the Americans as liberators of Cuba from Spanish imperialism. Today the American propaganda is that Iraqis, Afghans, Iranians, Pakistanis and Yemenis will greet the Americans as liberators from their "non-democratic" governments. The reality is that no humane and civilized people want an American "slave-based" warmongering "democracy."

image © Dana Rothstein

"William Hearst sent one of his reporters, Frederick Remington to Cuba to manufacture a war." Once the war began Hearst went personally to Cuba to report on the fighting. The competition between Hearst and Pulitzer for war coverage in Cuba quickly expanded to all of the major US newspapers of the day. Two other leading New York newspapers, the *Herald* and the *Sun,* joined the fray. Chicago newspapers such as the *Times-Herald* and the *Tribune,* joined with the *Boston Herald,* to add to the competition on the east coast."

"American imperialism in Cuba as in other parts of the globe could never have succeeded without the willing connivance of the American "free" press. It is the American "free" press which stirs the American people to support every new war with false propaganda of atrocities committed by the nation to be invaded combined with the "goodness" of American intervention."

"The intense media competition for newspaper sales by Hearst and Pulitzer which provided the media support for the America invasion of Cuba was so far out and biased that the American media itself coined a new term, *yellow journalism,* to refer to this kind of biased propaganda unsupported by the facts. "Yellow journalism" by all of the Western media played a significant role in garnering popular support for the criminal US invasion of Iraq in 2003 by President Bush."

US Invasions in China, Japan and the Pacific, 1784-1941, to expand its Pacific empire and defeat Japanese competition was the true reason for its entry in World War II

"Most of the American traders also smuggled illegal opium into China from Turkey and India to boost their profits. Prominent Americans who became drug lords in the China trade included FDR's grandfather, Warren Delano, who was a senior partner with Russel and Company, a Boston company trading with China."

"Illegal imports of opium into China continued its upward spiral after the Treaty of Nanking (1842). By 1858 imports had reached 70,000 chests. Profits from the illegal drug trade sky rocketed. Hong Kong became the drug capital of the world. China was militarily incapable of defending its own country from the Western drug lords."

"The American Empire benefited from the Treaty of Nanking because it forced China to grant similar concessions to it as those granted to the British Empire. These equivalent concessions were forced on China by the *Sino-American Treaty of Wanghia* of July 3, 1844."

"Sanford Dole became the President of the Hawaiian Republic after its conquest by the American Empire. The American conquest of Hawaii followed the pattern used on the mainland. The missionaries "civilized" the original inhabitants to make it easier for the American politicians and business men to steal their land, their economy and their culture. While Dole senior controlled the church his son, Sanford, controlled the government and together with his cousin, James Dole, also controlled the economy."

"The traitors struck in 1887 shortly after the American Empire instructed the US Navy on January 20, 1887 to lease Pearl Harbor for a naval base. The American Empire had previously used Pearl Harbor as a Coal Depot. Lorrin Thurston, the leader of the traitors, was Hawaii's Minister of the Interior. He drafted a new constitution for Hawaii on July 6, 1887, and used the Hawaiian militia, which the traitors controlled, to force King David Kalakaua to sign. Since the King was forced to sign it while looking down the bayonets of the armed militia, it was appropriately called the *Bayonet Constitution.*"

"The American Empire formally took possession of the naval base at Pearl Harbor on November 9, 1887. This occupation of Hawaiian territory by the American Empire caused Hawaii to be the central battleground between the American and Japanese empires without a single concern by the international community about the wishes of the Hawaiian people."

"The US fleet in the Pacific was boosted by the US invasions and conquests of Hawaii in 1893 and the Philippines in 1898. It was from naval bases in the Philippines that the American Empire was able to play its crucial role in suppressing the armed rebellion of Chinese patriots against foreign domination. These Philippine bases were only 400 miles from China. The American Empire had deployed large numbers of battleships and marines to fight the insurgency in the Philippines following its invasion of the Philippines. These forces were well positioned to move quickly into China. US economic colonization of the Philippines also provided a springboard for US businesses to rape the rich resources of China. What came to be called the Boxer Rebellion was the armed revolt of Chinese patriots beginning in 1898."

"Aggressive American imperialism would forcibly end two hundred years of self- imposed isolation by Japan. American meddling in the domestic affairs of Japan would lead the Japanese people to rise up against foreign domination. Like Iraq and Afghanistan today the use of superior brute force by the American Empire would bring only temporary conquests for the bully."

"The American Empire forced Japan to open the ports of Hakodate and Shimoda to foreign trade (1854), permit the US to have a consulate in Shimoda and most importantly, forced Japan to allow the US Navy to refuel its warships with Japanese coal at coaling stations in Japan. The primary purpose of these coaling stations was to enable the US Navy to dominate the Pacific and thereby expand American trade and colonization of China and the Far East. In the words of US Secretary of State, Daniel Webster, "God had placed coal for steam ships in the depths of the Japanese islands for the benefit of the human family." It was America's "manifest destiny" to steal the Japanese coal."

"American naval bases quickly expanded from Hawaii westward to Midway Island, Wake Island, Guam and the Philippines. The Spanish-American War of 1898 was a prelude to war with the Japanese Empire…

By the time the Japanese Empire attacked the American naval base at Pearl Harbor, American propaganda regarding the God given right of the American Empire to wage war on all who dared threaten its hegemony had so saturated the minds of world leaders and citizens globally that there has not been a single mention of the people of Hawaii in that so called "Day of Infamy" of December 7, 1941." ◀

image © Chad Mcdermott

Dr. Rocky M. Mirza is the author of **The Rise and Fall of the American Empire: A Re-interpretation of History, Economics and Philosophy: 1492-2006.** He is also one of the three co-authors of **Explorations in Macroeconomics** and **Explorations in Microeconomics**. His latest book, **American Invasions: Canada to Afghanistan: 1775 to 2010,** is a sequel to **The Rise and Fall of the American Empire.** Dr. Mirza has a Ph.D. in economics and has written and taught for more than 30 years. He lives in Vancouver and is a faculty member of Thompson Rivers University. rmirza@tru.ca
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